

Joint Base San Antonio New Parent Support Program Community Resource Guide

Lackland AFB Fort Sam Houston Randolph AFB

New Parent Support Program
Ft. Sam Houston 210.808.6468
Lackland AFB 210.292.5967
Randolph AFB 210.652.6308

<http://www.jbsa.mil/Resources/FamilyAdvocacy/NewParentSupportProgram.aspx>

The New Parent Support Program (NPSP) provides education and support to expectant and new or experienced parents and families via home visits with registered nurses. Services are individualized and focus on education regarding pregnancy, mother/baby care, childbirth, newborn care, breastfeeding and bottle feeding, how your baby grows and much more! For more information please call the New Parent Support Program office at the Active Duty member's assigned base. All services are free.

Preparing For Baby

Bringing Baby Home

Military and Family Readiness Center
Family Life Program 210.221.0349 or 210.221.2418
<http://www.jbsa.mil/Resources/MilitaryFamilyReadiness.aspx>

This is a two-part class offered every other month that provides information about caring for your newborn baby. Topics include information on infant care, safety and much more! Classes are open to any DOD ID Card holder. For more information or to register, call the Military and Family Readiness Center's Family Life Program on Ft. Sam Houston.

Bundles for Babies

Military and Family Readiness
JBSA Lackland/JBSA Ft. Sam Houston 210.671.3722
JBSA Randolph 210.652.5321
Classes offered to active duty members or spouse of an active duty member expecting a baby (babies). Learn valuable information about budgeting for baby, car seat safety, New Parent Support Programs, dental hygiene, WIC, plus support programs available on base and in the community. Registration is required and class sizes are limited.

Newborn Parenting Class

Wilford Hall Pediatrics
2200 Bergquist Drive
Lackland AFB 210.292.5892

About to have your first baby or do you have questions on how to care for your little newborn? We offer information on basic baby care, when to seek medical attention, how often well checks are scheduled, and to answer general questions you may have. This class is approximately 2 hours long. Please call to sign up for the next available class!

Pets and Your Baby

Methodist Health Care 210.575.0355 or
888.333.7333 <http://sahealth.com/service/firststeps-educational-series>

As an expectant parent, you may wonder what the family pet's reaction will be to your new baby. If your pet has been the center of attention at your house, there are some things you can do to prepare your pet for the new arrival. Cost is \$5.00 payable to instructor at the door. Call for dates and locations.

Bringing Baby Home: How to Prepare for the Arrival of Your Newborn

Article from www.healthychildren.org
<https://www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Bringing-Baby-Home.aspx>

Dads the Basics

JBSA Family Advocacy
Ft. Sam Houston 210.808.6475/6476
Lackland AFB 210.292.0400/3501
Randolph AFB 210.652.2448

This class is intended provide basic information about becoming a dad and your role as a father. Participants are provided with helpful lists, guides, and information related to pregnancy, labor and delivery, communicating with your spouse, caring for an infant and managing family issues. Please call for dates and to register.

Rocking Dads (Brian the Birth Guy)

Methodist Health Care 210.575.0355
This course takes fathers to be or brushing up fathers through the journey of understanding pregnancy, stages of labor, birth plan, breastfeeding, and much more. Please call to register for class. Cost is \$20 payable at the door. Attendance open to anyone.

Childbirth Education Classes

SAMMC Childbirth Preparation Classes

SAMMC 210.916.7002
This class allows you and your birthing partner to meet in a small group with SAMMC staff and other expecting families. This 2 1/2 hour class is designed to help you prepare for the delivery of your baby and become familiar with the Birthing Center. Please call Barb Gilder for class dates and availability.

Local Hospitals offering Childbirth Education, Breastfeeding Classes and Newborn Care Classes: Fees and restrictions may apply.

Methodist Health Care 210.575.0355 or 1.888.333.7333
Children's Hospital of San Antonio 1.877.250.3627
Baptist Medical Center 210.297.7005
University Health System 210.358.8255

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Breastfeeding Classes and Support

SAMMC Breastfeeding Class

SAMMC Lactation Office 210.916.0139

Expectant mothers and fathers are encouraged to attend. Class taught by International Board Certified Lactation Consultants (IBCLC). Contact SAMMC Lactation Office to Register.

SAMMC Lactation Consultants:

(SAMMC) Lactation Office 210.916.0139

(SAMMC) Dena Miller MA, BSN RN 210.916.0382

(SAMMC) Jennifer Hill, BSN, RN, IBCLC

(SAMMC) Carolyn Lowe

Brooke Army Medical Center Breastfeeding Support Group
Pediatric Residency Conference Room (TN122) BAMC
POC Carolyn Lowe, Lactation Consultant
210.539.9546

carolyn.a.lowe13.civ@mail.mil

2nd and 4th Tuesday of every month from 1000-1200

Join us and meet with other breastmilk feeding Military families and find the friendship and support you want and need! We are here to help each other. Please feel free to come anytime between the above listed hours. Bring your baby, siblings, support person, or other breastmilk feeding families. Civilian breastfeeding mothers working on site, with the military, are also welcomed!

Texas Lactation Support Helpline

Available 24 hours a day 1.855.550.6667

Baby Café Lactation Center

4538 Centerview Drive, Suite 151

210.207.7138

The Baby Café is a place where pregnant and breastfeeding woman can come to learn about breastfeeding in a non-clinical, family friendly, café style environment. In addition, mothers can speak to a health professional about infant feeding, participate in support groups, and receive free individualized counseling for breastfeeding and nutrition. Baby Café is staffed with International Board Certified Lactation Consultants (IBCLCs) and has access to a Registered Dietitian. Services are FREE to all breastfeeding mothers in Bexar County.

Methodist Healthcare

210.575.0355 or 1.888.333.7333

Breastfeeding Support Group- Breastfeeding Moments

Moms share their experiences and discuss topics of interest.

Group meets once a month and is facilitated by a Lactation Consultant.

Women's Infant and Children (WIC)

Lackland AFB 210.674.7739

Santa Rosa WIC Clinic 210.704.4180

Naco-Perrin WIC Clinic 210.207.4742

Rittiman WIC Clinic 210.207.4750

Provides supplemental food and nutritional information to expectant, breastfeeding and postpartum women and their children.

WIC Breastfeeding Hotline: (English/Spanish)

1.800.514.6667

The National Breastfeeding Helpline

1.800.994.9662

The National Breastfeeding Helpline from the Office on Women's Health has trained breastfeeding peer counselors to provide breastfeeding support by phone. The counselors can help answer common breastfeeding questions. The Helpline is available for all breastfeeding mothers, partners, prospective parents, family members, and health professionals seeking to learn more about breastfeeding. The Helpline is an information and referral service only. The Helpline is open from 9 a.m. to 6 p.m. EST Monday through Friday. If you call after hours, you will be able to leave a message and a breastfeeding peer counselor will return your call the next business day.

La Leche League

210.341.9669

www.llli.org

www.facebook.com/lllsat

Our Mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Mother's Milk First Lactation Center

520 Madison Oak, 3rd Floor~Atrium Entrance

San Antonio, TX 78258

210.297.4086

The Mother's Milk First Lactation Center at North Central Baptist Hospital in Stone Oak offers a warm, comfortable and supportive environment where families can discuss their breastfeeding goals and concerns with trained lactation consultants. The Mother's Milk Lactation Center also offers breast pumps for sale and rent, breast pump parts and accessories, maternity and nursing bras, lactation consultants (by appointment only), baby weight checks, bra fittings and telephone assistance.

The Lactation Center

210.575.0261

www.sahealth.com

The Lactation Center is a service provided by Methodist Healthcare. The Lactation Center is staffed with board certified lactation consultants and is able to help with breastfeeding consultation, breast pumps, nursing bras and baby weight checks

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Local Hospitals offering Childbirth Education, Breastfeeding Classes and Newborn Care Classes: Fees and restrictions may apply.

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Baptist Medical Center 210.297.7005

University Health System 210.358.8255

Tricare Coverage of Breast Pumps

Follow the link below for more information on Tricare coverage of breast pumps.

<http://www.tricare.mil/breastpumps>

Baby Items

Texas Diaper Bank – Healthy Babies Program

West Loop II Business Park 5415 Bandera Rd. #504 San Antonio, TX 78238

210.731.8118 Fax: 210.731.8168

Email: help@texasdiaperbank.org

<http://texasdiaperbank.org/>

Texas Diaper Bank operates programs that address the health, wellness and basic needs of families.

Healthy Babies – promotes the well-being, healthy growth & development of babies through the provision of diapers, nutritional items, wipes, other baby items and education.

Hunger Relief – assures that families are able to meet their nutritional needs through market days and mobile food pantries.

These program(s) services are provided directly to families or through partnerships with other nonprofit agencies.

Additional support services provided to families include: Federal benefits enrollment (SNAP, TANF, Medicaid, CHIP, WIC, & HOPE)

“My Healthy Child” classes enrollment, and

Referrals to other agencies.

The Rebecca Foundation Cloth Diaper Closet

10730 Potranco Road Suite 122

San Antonio, TX 78251

info@therebeccafoundation.org

www.clothforall.com

Cloth diaper lending bank assisting economically disadvantaged families across the US and military families stationed overseas. They will loan a family 10-15 cloth diapers at no cost, for up to a year. Parent/guardians will be responsible for the diapers by properly caring for, washing, and returning them back to the foundation in usable condition. Military families must complete the Operation Fluffy Bums application online and then submit proof of residency, military service, child(ren), or pregnancy. For non-military families, submit the online Domestic Application for Struggling Families, along with proof of residence, proof of child(ren), or pregnancy, and proof of government assistance.

Birth and Doula Support

San Antonio Birth Doulas

Catholic Charities

202 W. French Place

San Antonio, TX 78212

<http://www.ccaosa.org/doulas/sabd.html>

San Antonio Birth Doulas was founded in 1999 in response to the increasing need for birth doula services among pregnant women, especially teens and low-income women in our community. San Antonio Birth Doulas provides new and expecting parents with support in the areas of pregnancy, labor, breastfeeding, newborn care and bonding in an effort to prevent infant/child abuse and neglect. Low-income women and teens receive services for free.

Infant Massage

Infant Massage

Ft. Sam Houston Family Life Program

210.221.0349 or 201.221.2418

Learn to calm and sooth your baby through touch by a certified Infant Massage Instructor. Registration required and space is limited.

Infant Massage

Lackland AFB/ Family Life Program 210.652.2448

Learn to calm and sooth your baby through touch by a certified Infant Massage Instructor. Registration required and space is limited.

Infant Massage

Randolph AFB 210.652.6308

POC: Gina Ramirez

Infant Massage offered at JBSA Randolph twice a year.

Please call Family Advocacy for inquiries.

Car Seat Safety

Car Seat 101

Ft. Sam Houston 210.221.0349

Class will cover the basics associated with car seat installation and will provide car seat information every parent should know. Upon completion of this course, participants can then register for the safety seat clinic class. For additional information or to register for a class, please call 210.221.0349

Car Seat 101 Class

Lackland AFB

210.292.5967

Class will cover the basics associated with car seat installation and will provide car seat information every parent should know. Upon completion of this course, participants can then register for the safety seat clinic class. For additional information or to register for a class, please call 210.292-5967

Car Seat Curbside Clinic

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Lackland AFB
210.292.5967

Come to the clinic to learn how to install your car seat CORRECTLY. Curb Side Clinic is open to ALL DoD cardholders. Appointments are REQUIRED. For more information or to make an appointment, please call 210.292.5967

University Hospital
San Antonio Safe Kids:
Car Seat Installation Station
4502 Medical Drive
San Antonio, TX 78229
210.358.4295

By appointment only. Safe Kids/University Hospital will install a car seat YOU provide if you are not enrolled in BabyU or delivering at University Hospital (Mon-Fri)

Buckle Up Baby
Car Seat 101
Methodist Healthcare
210.575.0355 or 1.888.333.7333

Call the Methodist Healthcare HealthLine to speak to a representative. This class is designed to give parents information on which car seat is best for their most precious cargo: their infant, toddler or child. Certified child passenger safety technicians review the basics of correct car seat selection based on criteria that emphasizes safety, child-appropriateness, vehicle consideration and convenience. Also covered is information on after-market products and the reasons why second-hand car seats are not safe to use. Learn how to correctly secure your child into your car seat and how to install it in your vehicle. Certified child passenger safety technicians will assist you with getting the proper fit, obtaining the correct angle and testing for a tight installation. **Class open to anyone and cost is free.** Must attend Car Seat 101 prior to installation.

City of San Antonio Head Start Office
FREE Car Seat Inspection Station!
1227 Brady Blvd.
San Antonio, TX 78207
210.206.5500

2nd and 4th Friday of Each Month
8:30am – 11:30am

BY APPOINTMENT ONLY!

Please contact 210.206.5500 for more information or to make an appointment.

Safety Seat Inspection Stations around San Antonio, go to:
<http://www.safercar.gov/cpsApp/cps/index.htm>

Playgroups

Playgroup on Randolph AFB
For details on park locations and times, check us out on FACEBOOK- Playgroup on Randolph

Playgroup at Lackland AFB
210.292.5967

Come join the fun at this weekly, no reservations required, playgroup for children ages 0-4. Playgroup meets on Thursday mornings, 9:30-11:15 in the Admiral Boorda Building (corner of Wilford Hall Loop and Ladd). Call 210.292.5967 for additional information.

Playgroup at Ft. Sam Houston
Helping Us Grow Securely (H.U.G.S.)
210.221.0349

Join this weekly, interactive, and fun playgroup each Tuesday from 10:00-12:00. Parents and children ages 0 to 5 years. Registration is not required for this class. Meets at the Ft. Sam Houston Teen Center, Funston Road, BLDG 2515. For more information, call 210.221.0349.

KRLN Play and Learn for Military Families
Call to Register 210.208.8405

KRLN invites you to Play & Learn! Young children explore their creative genius as they imagine and play with others. Meet new families. Learn new, fun activities. Play & Learn is an early childhood program for children birth to age five, their parents and caregivers.

Parent Groups

Military Mothers of Preschoolers (MOPS)
Randolph AFB
Please email for times, availability and registration
RANDOLPHMOPS@GMAIL.COM

MOPS stands for Mothers of Preschoolers, and by preschoolers we mean kiddos from birth through kindergarten. We know it's a little confusing so let's just stick with "MOPS."

A Military MOPS group is sponsored by a base chapel or local church. Because of the unique situations Military moms face, MOPS International has designed this program with a great deal of flexibility. Military MOPS groups meet once or twice each month and typically provide childcare through the MOPPETS program. Military MOPS meetings include time for developing relationships through teaching, discussion groups, creative activities and fellowship time over a shared meal or snack.

Mothers of Preschoolers (MOPS)
Find a MOPS group near you. Visit:
<https://www.mops.org/groupsearch/>

MOPS is a grassroots movement that believes moms are world influencers.

We also believe that incubating hearts and giving just-because-hugs can change the course of history. That's why we connect moms all over the world to a community of women, in their own neighborhoods, who meet together to laugh, cry and embrace the journey of motherhood. MOPS groups are rallying women to be more honest, to feel more equipped and to find our identity by journeying alongside one another.

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MOPS stands for Mothers of Preschoolers, and by preschoolers we mean kiddos from birth through kindergarten. We know it's a little confusing so let's just stick with "MOPS."

We are moms, and we believe that better moms make a better world.

San Antonio Area Mothers of Multiples
www.saamom.org

A non-profit organization, established in 1968, that strives to unite all parents or guardians of multiple birth children in the San Antonio area. Our purpose is to provide a support system through meetings, socials and play-groups where information and experiences on the care of raising twins, triplets and more can be shared.

Single Parents Support Group
Lackland AFB
210.671.3722

This is an information forum connecting single parents with one another and with base/community resources to discuss issues related to being a single parent. Topics of discussion include childcare, sponsorship issues, dependent care plans, Tricare and much more. Group meets at Freedom Chapel Bldg. 1528 near the BX on LAFB from 1130-1300 (Bring a lunch). For more information and meeting dates, please call 210.671.3722.

Single Parents Support Group
Randolph AFB
210.652.5321

Meet other military parents who can relate to you and learn about things that matter most to you as a single parent. Group meets every third Thursday of the month from Noon to 1 PM. No need to sign up, just show up. Feel free to bring your lunch. Takes place at Military and Family Readiness Center, BLDG. 693, Randolph AFB.

Parenting Classes/Education

San Antonio Healthy Start
210 N. Rio Grande San Antonio, TX 78202
210.207.4725
<http://www.sanantonio.gov/Health/HealthServices/HealthyStart>

Prenatal support and resources. Help your baby have a healthy start!

Individual attention during and after pregnancy, home visitation, infant development screening. Birth- age 2.

Catholic Charities
202 W. French Place
San Antonio, TX 78212
210.222.1294
<http://www.ccaosa.org/>

Home-based parenting education classes offer parents and their child(ren) personalized curriculum and training tailored to the family's needs within the comfort of their own home. Home-based parenting education visits are

typically scheduled for one hour a week in the comfort of the parent's home.

Family Involvement Programs
Northside ISD
210.397.8930

FREE Parenting Classes in both English and Spanish. Free childcare and light refreshments provided. Class sizes are limited. For more information call: 210-397-8930

Childcare Resources

Child Development Center - Lackland CDC 210.671.3675,
Gateway CDC 210.671.1040, Kelly CDC 925-5747, Randolph
CDC 210.652.4946

Parent Central
Fort Sam Houston
2530 Funston Road
210.221.4871

The Child and Youth Services Center conducts central registration for all Youth Programs. Parents and guardians MUST register their children at Parent Central before they will be allowed to partake in any Youth Programs such as enrollment at the child development centers.

Child Development Center (CDC)
Randolph AFB
210.652.4946

There are two facilities on Randolph AFB. The main Child Development Center (CDC) provides care for children, 2-5 years of age, and is located in building 1072. Phone: 210.652.4946. The Child Development Program Annex provides care for children, 6 weeks - 24 months of age, and is located in building 734. In addition, the annex offers a Part Day Enrichment Program for preschool children in the Youth Center, building 584. Also provided are Give Parents a Break, Child Care for PCS, and Child Care for Volunteers.

Child Development Center (CDC)
Lackland AFB
210.671.3675
Gateway CDC 210.671.1040

There are three child care facilities on Lackland AFB. The CDC also provides Give Parents a Break, Child Care for PCS, and Child Care for Volunteers

Lackland Family Child Care - Phone 210.671.3376
Office hours 0800-1700 Mon- Fri

Lackland Youth Center
210.671.2388
Holiday camps, summer day camps and Parent's night out (Give Parent's a Break) available.

Randolph Youth Center
210.652.3298
Holiday camps, summer day camps and Parent's night out (Give Parent's a Break) available.

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Child Aware of America
1.800.793.0324

General <http://childcareaware.org/>

Military <http://usa.childcareaware.org/>

Child Care Aware® of America is honored to support all branches of the military in their commitment to providing quality, affordable, community-based child care for all military families. In addition, Child Care Aware® of America operates a Fee Assistance Program that serves Navy, Air Force and Marine Corps families. For more information on military fee assistance:

<http://usa.childcareaware.org/military-programs/military-providers/military-fee-assistance/>

Family Service Association

Children's Resource and Referral Hotline
210.657.6278

Child Care Resource and Referral provides you with information about programs that can assist you with your child care needs, and information on issues that concern you as a parent. Free phone-in referral service to anyone interested in finding quality child care or parent resource information.

Texas Department of Family and Protective Services

www.txchildcaresearch.org

http://www.dfps.state.tx.us/child_care/search_texas_child_care/ppfacilitysearchdaycare.asp

Website to search for Texas Child Care centers and to view their state inspection reports. Free online resource for location child care.

Child Care for PCS

20 hours of care per child is paid by the Air Force Aid Society. Vouchers are good for 60 day preceding or following a PCS. Contact Military and Family Readiness for more information. Lackland: 210.671.3722

Randolph: 210.652.5321

www.DontBeInTheDark.org

www.TXChildCareSearch.org

Mental Health Resources/Support Groups

In an emergency call 911

National Suicide Prevention Lifeline

1.800.273 TALK (8255)

If you or someone you know is in crisis, please call the toll free Lifeline to speak with a trained crisis counselor 24/7. Your call will be answered by a trained crisis worker who will listen empathetically and without judgement. Your call is confidential and free.

Veterans Crisis Line

1.800.273 TALK (8255)

Randolph AFB Mental Health Clinic

210.652.2448

1985 1st Street West (Building 860)

Wilford Hall Mental Health Clinic

3rd Floor 210.292.7361 or 210.292.4271

Ft. Sam Houston Behavioral Health Clinic

210.539.9589 or 210.539.9567

4178 Petroleum Drive (Building. 3528R)

Military One Source

www.militaryonesource.com

Active Duty, Guard and Reserve have access to 12 in-person non-medical counseling sessions in the community through affiliate providers, Short-term Telephonic Counseling and Online Consultations provided 24 hours at 1.800.342.9647 (Español 1.877.888.0727)

Military & Family Life Consultants

Lackland AFB 210.671.3722

Ft. Sam Houston 210.221.2705

Randolph AFB 210.652.5321

Available to help service members, spouses, children address a variety of issues including stress and anxiety, deployment and reintegration issues, parenting, grief, marriage and relationship issues. NO RECORDS ARE KEPT. Free and anonymous.

Catholic Counseling Services

210.377.1133

Catholic Charities' fully licensed counselors offer services that are confidential, professional, holistic and affordable. Services are offered to both insured and uninsured. Spanish language services available.

Twogether in Texas

Twogether in Texas is dedicated to increasing the well-being of children by providing voluntary marriage and relationship education skills to their parents. Through their website you can find information on how couples can access marital, pre-marital, and relationship enhancement classes. All Texans are able to utilize these services. There are no eligibility requirements. Couples that complete 8 hours of pre-marital education through one of the service providers listed on their website are able to receive \$60 off their marriage license fee. - See more at:

<http://twogetherintexas.com/UI/HomePage.aspx#sthash.0CjPqsKb.dpuf>

Our Lady of the Lake University

Community Counseling Service

210.434.1054

Service offers individual, couple/marital, and family counseling and psychological testing. Spanish speaking services are available. Daytime, evening and Saturday hours are available.

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Jewish Family Services
210.302.6920

We offer individual, couples, family, and group therapies. We have a playroom and are able to treat children as young as 3 years old through play therapy. We also have the expertise to treat clients of all other ages, including seniors.

Clarity Child Guidance Center
8535 Tom Slick
San Antonio, TX 78229
210.616.0300

Employs the region's largest team of mental health professionals specializing in the care of children and adolescents. Clarity offers outpatient services, clinic care, day treatment, acute care and on campus 24-hour treatment.

Angels Away
210.704.2181

<http://www.christussantarosa.org/angels>

Angels Away is a perinatal loss program offered through the Spiritual Care department as a community service of CHRISTUS Santa Rosa Health System for families whose babies have died due to miscarriage, stillbirth, fetal demise, neonatal death or ectopic pregnancy. The goal of the program is to help parents and family members adjust to the loss of the baby through a healthy grieving process. The program is designed to strengthen families through counseling, a spiritually-based support group and information. There is no cost to participate.

Beyond Baby Blues

Methodist Healthcare Helpline at 210.575.0355

Prenatal and Postpartum Depression educational class and prenatal and postpartum depression support group (meets twice a month). Registration is required.

Postpartum Support International
1.800.944.4773

www.postpartum.net

Call to speak to a volunteer who can provide support and resources in your area. Postpartum Support International is not a crisis hotline and does not handle emergencies. People in crisis should call their physicians, their local emergency number or one of the National Emergency Hotlines listed below:

National Suicide Prevention Lifeline
1.800.273 TALK (8255)

Veterans Crisis Line
1.800.273 TALK (8255)

Drug and Alcohol Assistance

Texas Substance Abuse Hotline:

1.877.966.3784

www.dshs.texas.gov/mhsa-sa-help

Alcoholics Anonymous
212.870.3400

www.aa.org

Alanon and Alateen

1.888.425.2666

www.al-anon.alateen.org

Narcotics Anonymous

1.818.773.9999

www.na.org

Child Development

Any Baby Can

217 Howard

San Antonio, TX 78212

210.227.0170

www.anybabycansa.org

Any Baby Can of San Antonio is a non-profit agency and all services are provided free of charge – regardless of income – to families who have a child birth through 17 years of age with a chronic illness, disability, developmental delay or health risk.

Texas Early Childhood Intervention

1.800.628.5115

Early Childhood Intervention Services (ECI)

Easter Seals

2203 Babcock Road

San Antonio, TX 78229

210.614.3911

www.easterseals.com

ECI is a statewide program for families with children, birth to three, with disabilities and developmental delays. ECI supports families to help their children reach their potential through developmental services.

Brighton Center (ECI Partner)

14207 Higgins Road

San Antonio, TX 78217

210.826.4492

www.brightonsa.org

Brighton Center provides family & community education and developmental services to children (birth to age 22) with disabilities or delays empowering them to achieve their individual potential making them successful in every community.

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Exceptional Family Member Program
BAMC EFMP-M 210.916.5721
Ft. Sam Houston EFMP-FS 210.221.2962 or 210.221.2705
Lackland AFB EFMP-M 210.292.2775/4721
Lackland AFB EFMP FS 210.671.3722
Randolph AFB EFMP-M 210.652.2306/1563
Randolph AFB EFMP-FS 210.652.3084

Enrollment in the Exceptional Family Member Program ensures that family members' documented medical and educational needs receive consideration during the assignment coordination process. Through the Exceptional Family Member Program Family Support office, families can receive assistance with navigating military and community systems of support.

http://www.militaryonesource.mil/family-and-relationships/special-needs?content_id=282359

Respite Care of San Antonio
605 Belknap Place
P.O. Box 12633
San Antonio, TX 78212
210.737.1212

www.respitecaresa.org

Respite Care of San Antonio was founded by families caring for a child with special needs who not only recognized, but experienced the demands placed on parents working to meet their child's needs. Since inception, multiple site-based and residential supports have been developed to provide temporary care for children with special needs, offering parents a break to spend time within their marriage, with other children within the family unit and for themselves.

Warm Springs Pediatric Therapy
210.581.5306

Warm Springs provides multidisciplinary, holistic rehabilitation programs for children of all ages and diagnoses.

Children's Association for Maximum Potential C.A.M.P.
210.671.5411

www.campcamp.org

Provides recreation, respite, rehabilitation, and reorientation for children with severe developmental disabilities or chronic illnesses. Traditional Camp, Weekend Camp, and Parent's Night Out are offered.

Ronald McDonald House
4803 Sid Katz
San Antonio, TX 78229
210.614.2554

www.rmhcсанantonio.org

Ronald McDonald House Charities of San Antonio has provided "homes-away-from-home" for families who must travel outside of their community to receive medical treatment at nearby medical facilities included but not limited to Children's Hospital of San Antonio, University Hospital and Methodist Hospital. San Antonio is one of a

handful of cities that operate three Ronald McDonald Houses.

Teen Pregnancy/ Dependent Daughters

Texas Nurse Family Partnership (NFP)

www.nursefamilypartnership.org

Nurse-Family Partnership at The Children's Shelter

1209 South St. Mary's San Antonio, TX 78210
210.212.2534

NFP of University Health System

527 North Leona Street San Antonio, TX 78207
210.358.5894

NFP of Catholic Charities San Antonio

202 W French Place San Antonio, TX 78212
210.226.3030

Through ongoing home visits from registered nurses, first-time moms receive the care and support they need to have a healthy pregnancy, provide responsible and competent care for their children, and become more economically self-sufficient. From pregnancy until the child turns two years old. **Expectant mothers must enroll by their 28th week of pregnancy.**

Mutual Enrichment in Learning and Development (MELD)

210.922.6922

The Meld program offers peer groups guided by a Parent Group Facilitator, whose role is to provide parents with curriculum to address health and safety, child guidance and development, family management and personal development.

Meld Young Moms for young mothers ages 13 to 25.

Groups meet once a week for two hours, over the period of two years, at various locations in San Antonio. Group members are eligible to participate in a free annual field trip. Volunteers help to facilitate Meld groups. A meal and childcare are also provided.

This event is free and open to the public.

Catholic Charities

202 W. French Pl.
San Antonio, TX 78212
210.222.1294

Adolescent Pregnancy & Parenting Program is a

parenting program for pregnant and/or parenting adolescents 19 years of age or younger. In an effort to provide support and guidance to adolescent parents during a transitional period of their lives, the Adolescent Pregnancy & Parenting Program offers site and home-based parenting sessions. Must be pregnant and/or parenting adolescents 19 years or younger living in Bexar County.

Guadalupe Home

210.476.0707

A transitional living program for homeless expectant mothers and homeless mothers with infants. During their stay at Guadalupe Home, mothers have a safe place to live

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and to prepare for birth, as well as have a home-like environment in which to nurture their baby. Women who come to Guadalupe Home are ready to improve their lives and the lives of their children.

iParent SA® Teen HOPES

The Children's Shelter

210.212.2576

<https://www.childrenshelter.org/we-can-help/iparent-sa-teen-hopes/>

iParent SA® Teen HOPES, a parenting program for teen moms, 19 years of age and younger, who are 29+ weeks pregnant or who have given birth within 24 months. Teen HOPES is a free service and provides teen parents with the resources and hands-on experience to become a nurturing parent.

Bexar County School Age Parenting (according to district)
Northside ISD 210.397.8111 **Edgewood ISD** 210.444.7750

Northeast ISD 210.407.0750 **San Antonio ISD**

210.438.6815 **Judson ISD** 210.945.1100 ext. 19025

Provides services to teen parents (male or female) to help them remain in school and decrease barriers to earning a high school diploma.

Secretary of the Army Designee

Patient Administration Office (PAD)

Office of the Chief, 1st Floor BAMC 210.916.1029

Emergency/Financial Assistance

Air Force Aid Society- Joint Base San Antonio

210.652.5321 or 210.671.3722

Provides worldwide emergency assistance and sponsors education assistance programs. Provides emergency financial assistance, grants for educational assistance, groceries & other essentials.

Army Emergency Relief Fund (AER)

210.221.1612

AER is the Army's own emergency financial assistance organization. AER funds are made available to commanders having AER Sections to provide emergency financial assistance to soldiers - active & retired - and their dependents when there is a valid need.

211 Texas- United Way Helpline

www.211Texas.org

Anywhere in Texas, anyone can call 2-1-1 for free information and referrals to health and human service agencies, nonprofit and faith-based organizations, disaster relief resources, and volunteer opportunities.

Community Service Program

210.207.7830

If you live in the San Antonio area or Bexar County, the **Community Service Program** is an organization that provides emergency assistance for bills and also counseling and case management services.

San Antonio Food Bank

210.337.3663

Supports non-profit food pantries and on-site facilities in the community through distribution of donated and purchased food and grocery products.

Haven for Hope

210.220.2100

www.havenforhope.org

Coordinates services for those experiencing homelessness in Bexar County.

American Red Cross

Randolph AFB 210.652.6372

Lackland AFB 210.844.4225

www.redcross.org

An independent medium of voluntary relief and communication between American people and members of the armed forces. They also maintain a system of disaster preparedness and relief and provide health education and training.

Salvation Army Shelter for Women and Children

210.352.2020

Salvation Army Shelter for Men

201.226.2291

City, State, and Federal Resources

Medicaid

210.977.9720

For phone assistance, call 2-1-1.

www.yourtexasbenefits.com

Website for learning about and/or applying for benefits. Before you apply, you can fill out a short form to see what benefits you might get. Apply for benefits: You can apply online for: SNAP food benefits (food stamps), Health care benefits (Medicaid), Cash help for families (TANF), Medicare Savings Programs, and Long-term care.

Children's Health Insurance Program (CHIP)

<https://chipmedicaid.org/en/About>

Call 2-1-1. That's toll-free

Children in Texas without health insurance may be able to get low cost or free health coverage from the Children's Health Insurance Program (CHIP) or Children's Medicaid. Both programs cover office visits, prescription drugs, dental care, eye exams, glasses, and much more

City of San Antonio Department of Human Services

106 S. St. Mary's, 7th Floor

San Antonio, TX 78205

210.207.8198

<http://www.sanantonio.gov/humanservices.aspx>

The Department of Human Services provides comprehensive direct and contractual services in the areas of Early Education, and Child Care Assistance, Education,

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Financial and Emergency Assistance, Homeless Assistance, and Senior Services.

Texas Departments of Human Services

210.871.6434

<http://www.hhs.state.tx.us/>

Provides medical, financial, social services to children and families that qualify. Services include TANF, Lonestar card, and Medicaid.

Social Security Administration

1.800.772.1213

www.ssa.gov

This program has two parts that pay benefits to families with disabilities. Social Security Disability Insurance will provide benefits to disabled children when a parent retires, becomes disabled or deceased. Supplemental Security Incomes will provide services with limited funds to a disabled child.

Audie L. Murphy VA Hospital, STVHCS

7400 Merton Minter

San Antonio, TX 78229

210.617.5300 or 1.877.469.5300

Legal Assistance

Joint Base San Antonio Legal Offices:

Ft. Sam Houston Legal Office

2422 Stanley Road

210.808.0169

Randolph AFB Legal Office

1 Washington Circle Bldg. 202

210.652.6781

Lackland AFB Legal Office

1701 Kenly Ave. Bldg. 284

210.671.3361

Child Support Program,

Office of the Attorney General

1.800.252.8014

www.oag.state.tx.us/cs/

As the official child support enforcement agency for the State of Texas, the Office of the Attorney General provides services for parents who wish to obtain or provide support for their children.

Bexar County Dispute Resolution Center

210.335.2128

The Center's primary focus is to provide mediation services to individuals living in or businesses operating in Bexar County. The Center offers people involved in civil disputes a way of settling problems without the expense, time and trouble of going to court and without taking the matter into their own hands.

Texas Law Help:

www.TexasLawHelp.org

Texas Legal Services Center

www.tlsc.org

Child and Family Safety

Always dial 911 in an emergency

Joint Base San Antonio Family Advocacy Program

Ft. Sam Houston- 210.221.1996

Lackland AFB- 210.292.5967

Randolph AFB 210.652.6308

The Family Advocacy Program is designed to provide therapeutic, preventative and educational services to military families at risk for and/or experiencing domestic violence. Air Force Instruction 40-301, DoD regulations, and Texas State law mandates that all suspected incidences of child, spouse and intimate partner maltreatment be reported.

Joint Base San Antonio

Family Advocacy Victim Advocate

210.292.5967

Joint Base San Antonio

Sexual Assault Prevention and Response

210.671.7272 (24 hour hotline)

Victim Advocate available for victims of rape. A representative is available to help Active Duty Members understand available reporting choices.

Battered Women's and Children's Shelter of Bexar County

210.733.8810 24/7

Provides temporary shelter and support for victims of domestic violence and their children. Always available...no fee.

Bexar County Family Justice Center

210.208.6800

Center to assist all victims (men, women and children) of domestic violence with a wide array of services including civil legal, protective orders, prosecution, basic needs, counseling, information & referral, military liaison, employment assistance, crisis intervention and counseling for sexual assault and substance/chemical abuse treatment.

Children's Shelter of San Antonio

210.212.2500

www.childrensshelter.org

Provides a safe haven to abused and neglected children. Emergency shelter is also available.

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Child Safe
210.675.9000
www.childsafe-sa.org

Child Safe is a Children's Advocacy Center that provides specialized services to children and teenagers who have been abused, neglected, or sexually abused.

Family Violence Prevention Services
210.733.8810
www.fvps.org

Family Violence Prevention Services, Inc. (FVPS) has been helping victims of domestic violence in San Antonio since 1977. FVPS began as an emergency shelter for women and children and we now offer a complete array of shelter, transitional housing, counseling, children's, and legal services to help individuals and families recover from the pain and long-term effects of domestic violence.

Victim's Advocacy, San Antonio Police Department
210.207.2141
Services include: Victims' Services, Violence Prevention, Crisis Intervention Counseling, Case Management, Child and Family Counseling, Support Groups, Information and Referrals

Texas Department of Human Services
Abuse/Neglect Hotline
1.800.252.5400 or www.txabusehotline.org

National Domestic Violence Hotline
www.thehotline.org
1.800.799.SAFE (7233) or 1.800.787.3224 (TDD)
Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

Texas Baby Moses Hotline
1.877.904.7283

The Rape Crisis Center Hotline
210.349.7273
www.rapecrisis.com

National Sexual Assault Hotline
1.800.656.HOPE (4673)

Educational Services

Parent Child Incorporated (PCI)
210.475.5149
www.parentchildinc.com
Provides early Head Start and nutrition services to at-risk families

Pre-K 4 San Antonio
Enrollment/General Information
210.206 PREK (7735)
<http://www.sanantonio.gov/Pre-K4SanAntonio.aspx>
Pre-K 4 SA is a full-day prekindergarten program that also offers afterschool care. The program is highlighted by our experienced teachers, high quality curriculum, and bilingual education options. Students are provided healthy and delicious meals including breakfast, lunch, and snacks at no extra cost and transportation is also available. Pre-K 4 SA is a full-day prekindergarten program for four-year-olds living in the City of San Antonio. Pre-K 4 SA is free for qualifying students and also accepts tuition-paying students.

Education Service Center (Region 20)
210.370.5200
Preparation to complete credits to obtain a high school diploma or complete GED classes

Additional Military Resources

Army Community Services at Ft. Sam Houston – Warfighter and Family Readiness Family Life
210.221.0349

A variety of classes and resources offered but not limited to Parenting Classes, Infant Massage Classes, Playgroup, Dad's Classes, Scream-Free Marriage Class, Bringing Baby Home Class, Anger Management Class and Car Seat Clinics. Many of the classes rotate between JBSA Randolph, Lackland and Ft. Sam Houston. Call for location and registration

Airman and Family Readiness Flight
Lackland AFB 210.671.3722
Randolph AFB 210.652.5321
Provides active duty members and their families with a variety of programs including Family Readiness (preparing for military separations), Family Life Education, Air Force Aid Society, one-on-one financial counseling, new spouse orientation, pre-separation counseling, relocation assistance program, and spouse employment consultation.

Warfighter and Family Readiness- Ft. Sam Houston
210.221.2705
Offers a variety of services and programs to assist services members and their families face the challenges of military life.

Fisher House
BAMC 210.916.6000
Lackland AFB 210.671.6037
A free housing facility for out of town Wilford Hall or BAMC patients and their families.

Lodging
Lackland AFB 210.671.5397
Randolph AFB 210.652.1844
IGH Army Hotels- 210.357.2705

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Medical Contact Numbers

Tricare South- 1.800.444.5445

Extended Health Options (ECHO) - Tricare
1.800.444.5445

The Extended Care Health Option (ECHO) provides financial assistance to beneficiaries with special needs for an integrated set of services and supplies.

Human Performance Resource Center (HPRC)
Randolph AFB- 210.652.2300

BAMC and Wilford Hall Central Appointments/Medical Appointments
210.916.9900

OB Orientation Appointments- Wilford Hall
210.292.6104 (Option #1)

Wilford Hall and SAMMC Urgent OB Care
210.916.2168 Option #7 M-F 0730-1600
After Hours call Labor and Delivery
SAMMC Labor and Delivery Birthing Center
210.916.0223

GYN appointments- for 6 week postpartum and other gynecology appointments 210.916.9900

SAMMC Pediatric and Adolescent Clinic and Nurse Advice Line- 210.916.3160

Wilford Hall Pediatric Clinic Nurse Advice Line (during duty hours only) contact your team:

Cheetah 210.292.5848 **Elephant** 210.292.5892
Hippo 210.292.4046 **Giraffe** 210.292.6694
Zebra 210.292.6437

Immunizations
Randolph AFB 210.652.6403
Lackland AFB 210.292.5730
BAMC 210.916.3011

JBSA Prescription Refill System 210.292.7538

CPR Classes

American Heart Association
www.cpr.heart.org
1.800.242.8721

American Red Cross
www.redcross.org
210.224.5151

Harper's Embrace
www.harpersembrace.org
210.804.4357

Disclaimer: Inclusion on this list does not represent an endorsement by the United States Air Force or any other entity of the Department of Defense. The New Parent Support Program Community Resource Guide is intended to provide information about the local community and contact numbers. It is not an exhaustive list of all resources available in the community. For revisions or additions please contact Ft. Sam Houston New Parent Support Program 210.808.6480

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