

Parenthood is like any other job - there's a lot of learning at first, and the more guidance you get, the more confident you feel in carrying out your duties.

NPSP'S SERVICES ARE VOLUNTARY & FREE

Open to active-duty service members & their families who meet one of these criteria:

• Expecting or adopting a child • Have at least one child 0-5 years old

Home visits offered at selected locations, call for information.



WHAT NPSP DOES CLASSES AND GROUPS



AGES & STAGES CONNECTIONS



PLAY GROUP



BREASTFEEDING SUPPORT



COOPERATIVE COPARENTING



BUDGETING FOR BABY REFERRAL



BABY BOOT CAMP



FATHERHOOD SUPPORT



INFANT MASSAGE

Contact/Inquiries: 703-614-7204

Eligibility determined on registration.





