

**New
Parent
Support
Program**

FREE

Second
Wednesday of
every month
(February to December)



BOOT CAMP

**Expectant parents
learn childbirth
education
– labor, delivery –
and infant care
...and much more!**

8:30AM-4:00PM

Bldg 216

**Register early for
your FREE class**

www.mccshawaii.com/npsp

Seating is limited



MCCS Marine & Family Services
New Parent Support Program
Bldg 216, MCBH Kaneohe Bay

257-8800