

# New Parent Support Program 2016



## Boot Camp for New Dads

Learn how to be the best dad possible!! This class is an opportunity for all new dads to get their questions answered and obtain helpful information on how to be the “Best Dad.” Find out what changes are in store from an experienced dad as you work through one of the most significant chapter in a man’s life. Please phone 243-7878 ext. 9610 for more information.

Classes offered monthly on 1st Wednesday of the month, 1300-1530. Class space is limited to ten (10). . This is a dad’ only class.

## Infant Massage



Infant Massage is an excellent way to bond with your infant. Massage encourages feelings of attachment and security between parent and child. Classes begin April 5th at 1000 and meet every Tuesday for five consecutive weeks. Please phone 243-7878 ext. 9610 for more information.

Class space is limited to five (5) adult participants and five (5) infants under the age of one!



# 2016 NPSHVP Class Schedule

Please visit or call Cynthia Johnson, LSW with New Parent Support at 243-7878 or 046-816-7878 for sign up and additional information.

Yokosuka Fleet & Family Support Center is located on the 4th floor of the Community Readiness Center (BLDG 3356) ALWAYS call to confirm.

Month	Boot Camp for New Dads 1300-1530	Infant Massage 1000-1130
March	2	NO CLASSES
April	6	5, 12, 19, 26 & May 3
May	4	10, 17, 24, 31 & June 1
June	1	NO CLASSES
July	6	5, 12, 19, 26 & Aug. 2
August	3	9, 16, 23, 30 & Sept. 6
September	7	13, 20, 27 & Oct. 4, 11
October	5	18, 25 & Nov. 1, 8, 15
November	2	22, 29 & Dec. 6, 13, 20

"Good Parenting lasts a lifetime. Parenting is a tough job. The attention, patience, time, love and good role-modeling you give as a parent today will make a positive and lasting impression on your child tomorrow."