

There are a variety of lactation resources available at the hospital and throughout the CFAY community. To make an appointment with a Lactation Consultant at the hospital, please call Central Appointments at DSN 243-5352 or the Pediatrics Clinic DSN 243-5505.

USNH YOKOSUKA'S Basic Breastfeeding Course

Do you have questions about breastfeeding? USNH Yokosuka is here to help. Register for our Basic Breastfeeding Course held every 3rd Thursday of each month.

Classes start on July 17th.

This class is tailor-made for parents who want to get off to a great start with their bundle of joy. Call our Pediatrics Clinic to reserve a spot!





Contact us:

DSN 243-5505
046-816-5505



Local Community Resources

NMCRS	FFSC	WIC Overseas	Facebook Group
Visiting Nurse	New Parent Support	Education	Peer Support
Home visits with an RN	Home visits with qualified providers	Support groups	TLC - The Lactation Connection Yokosuka
Newborn Care Classes	Parenting Classes	Loaner Breast Pumps	Yokosuka Naval Births
Support groups	One-on-one consultation	WIC participant vouchers	CFAY Tiny Tots
More...	More...	Serving pregnant women, infants, and children 5 and under	
Resources			
Websites:			
Global Health Media →		First Droplets →	

Visiting Nurse Program

Do you have questions about a diagnosis?

Would you like a meeting with the Visiting Nurse?

Navy-Marine Corps Relief Society offers free home visits from registered nurses to qualified active duty, retirees and dependents with health questions and concerns. We can educate you on new disease processes, medications, treatment plans and assist you with finding local resources.



NAVY-MARINE CORPS
RELIEF SOCIETY



NAVY-MARINE CORPS RELIEF SOCIETY VISITING NURSE YOKOSUKA OFFICE

Karen Saoit, RN
DSN: 243-7905
COMM: 011-81-46-816-7905
CELL: 703-213-7614

****Scan QR Code to Self-Refer****

