



## RESOURCES LIST IN SOUTH KOREA

Congratulations on your pregnancy! Parenthood is an exciting journey filled with joy, challenges, and endless learning opportunities. This resource guide is designed to support you as you navigate the early days of pregnancy and months of parenthood. Below, you will find a curated list of resources ranging from books to community support programs, breastfeeding help, mental health resources, and more

\*To call a DSN Line 05033 + last 6 digits of DSN Number

### I. CAMP HUMPHREYS

#### **ARMY COMMUNITY SERVICES (ACS)**

Building 6400, Maude Hall

Phone: +82 50-3357-2363 (Register for any class)

Check their monthly calendar for current classes for active duty members, spouses, and more.

#### Toddler Home Visits

- Received support and guidance for your child ages 1-3 from their trained staff.
- Home visits can help with: developmental milestones, review immunizations, child safe play, new food introduction, picky eaters, self-dressing, potty training, fine and gross motor skills, developing routines, language development, and more.
- Register: +82 50-3357-2363

#### **BEHAVIORAL HEALTH RESOURCES (BH)**

#### Brian D. Allgood Army Community Hospital (BDAACH)

Building 3031, 5th floor.

Phone: 737-5668

#### Family Advocacy

Phone: 737-5799

#### Family Life Minister Center

Freedom Chapel, Building 696

Areas of counseling: Spiritual, Marriage, Family, PTSD, Personal Growth, Anxiety, Grief

DSN: 757-3117

Cell: 010-9503-8565

☐ Military Family Life Counselors (MFLCS)  
Phone: 010-9534-5841 or 010-7663-2294

☐ Unity Ministry Teams on Call  
Camp Humphreys  
Phone: 010-9496-7445

☐ **Crisis Response**

- ON BASE: Call DSN 911 or cell 031-690-7911
- OFF POST: Call 119
- Korea-Wide Suicide Crisis Lifeline (For USFK) DSN 118 or Cell 080-8555-118

☐ **Child Abuse Protection Services:**

- Domestic & Child Abuse Reporting Hotline
- Military Police (24/7) +82 (0)50-3355-9917

☐ **Abused Support Groups:**

- Domestic Violence Victim Advocate
- Phone: Hotline/Restricted Reports (24/7) +82 (0)50-3364-5997, then press 3 for Humphreys.
- Email: <https://www.thehotline.org/>,

**EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)**

Building 501, ACS Annex  
Phone: 0503-337-1300 (Register for any class)

☐ Play and Learn

- Topics include sensory play and cognitive development, music , story time.
- Classes start: 12 September
- Classes end: 28 November (except 21 Nov)
- Time: Tuesdays 9:30 am to 10:30 am
- \* Child must be enrolled in EFMP or currently being screened through EDIS.

**FAMILY ADVOCACY PROGRAM**

Marne Avenue  
Building 6400 Camp Humphreys  
Phone: +82(0)50-3357-2363  
Military DSN: (315) 757-2363  
Facebook: [www.facebook.com/acs.humphreys](http://www.facebook.com/acs.humphreys)

**NEW PARENT SUPPORT PROGRAM**

Building 501, ACS Annex  
0503-357-2363 (Register for any class)

Labor and Birthing Comfort Measures

- Topics include stages of labor, positioning, fetal monitoring, pharmacological and natural comfort, supporting your partner and more!
- Time: 09:30 to 12:30

Lactation Basics

- Topics include latching, positioning, milk production, feeding cues, bottle pacing, partner support and more!
- Time: 15:00 to 17:00

Maternal Health and Pregnancy

- Topics include fetal development, medical care, nutrition, exercise, safety, and resources.
- Classes May 8, 2024; June 12, 2024; and July 10, 2024
- Time: 14:00 to 16:00

Newborn Care

- Topics include safe sleep, swaddling, diapering, feeding, adjusting to parenthood, safety planning, newborn behaviors, and more.
- Classes
- Time: 12:00 to 14:30

**MILITARY HOSPITAL CHILDBIRTH CLASSES**

Brian D. Allgood Army Community Hospital (BDAACH)

\*\*Please Call the hospital for updates in classes

Breastfeeding Support Group

Building 3031, 5th floor. WICU family room

Facilitate by hospital IBLC

Time: Every Wednesday 10:30-11:30

No registration required

**WICO (WOMEN INFANTS & CHILDREN OVERSEAS)**

Upcoming

**II. OSAN AIR BASE**

Infant Feeding and Breastfeeding Support Group

Location: Hallasan Tower Rec Room

Facilitated by Chelsea Ashton, IBLC and Erica Stanley CLC

Time: Every Thursday 12:20 - 1:30 PM

## CHILDCARE OPTIONS

- CDC on Camp Humphreys

Website: <https://humphreys.armymwr.com/programs/hess-child-development-center>,

- Korea International Nanny Service

Contact: <https://www.facebook.com/groups/KINService>,

## III. OTHERS

### DOULAS

- Patricia Baker (+ breastfeeding)

Phone: +8210-3032-8562

Email: [Patricia@birthandbreathe.com](mailto:Patricia@birthandbreathe.com)

- Marian Pizen

Phone +82 10-9859-1986

Email: [birthing.in.korea365@gmail.com](mailto:birthing.in.korea365@gmail.com),

- Kensheila Young

Phone: +82 10-5178-6962

Email: [cultivedoula@gmail.com](mailto:cultivedoula@gmail.com)

- Dayana Harrison

Phone: +82 010 7507 4681

Email: [dhbirthservices@gmail.com](mailto:dhbirthservices@gmail.com)

Website: [www.dhbirthservices.com](http://www.dhbirthservices.com)

### CHILDBIRTH EDUCATORS

- Adele Vitale

Phone: +82 10-4872-8051

Email: [adele@morningcalmbirthing.com](mailto:adele@morningcalmbirthing.com)

Website: [www.morningcalmbirthing.com](http://www.morningcalmbirthing.com)

- Dayana Harrison

Phone: +82 010 7507 4681

Email: [dhbirthservices@gmail.com](mailto:dhbirthservices@gmail.com)

Website: [www.dhbirthservices.com](http://www.dhbirthservices.com)

- Marjorie Carr Zippert

Phone: +82 10-5719-5831

Email: [naturospheredoula@gmail.com](mailto:naturospheredoula@gmail.com)

## FERTILITY AWARENESS EDUCATOR

☐ Emma Mhy

Website: [www.seasonalinsightsllc.com](http://www.seasonalinsightsllc.com)

## MIDWIVES

☐ Houm Midwives/ Team Mamas

<http://houm.co.kr/eng/>

## COUNSELING

☐ Seoul counseling Pyeongtaek Office (near Camp Humphreys)

Phone: [031-692-5556](tel:031-692-5556)

Email: [info@seoulcounseling.com](mailto:info@seoulcounseling.com)

Location: Suite 104, 40-15, Sinheungbukro29beon-gil, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do, Republic of Korea, 17977

경기도 평택시 팽성읍 신흥북로 29번길 40-15, 104호

Website: <https://seoulcounseling.com/>

## CHIROPRACTORS

☐ Create Wellness Center Chiropractic and Sports Medicine Clinic in Pyeongtaek (Webster Technique Certified)

031-647-0749

<https://maps.app.goo.gl/u7cooP9mcihMpiFG6>

☐ Inspire Wellness Center

031-647-0749 (bilingual, ok on pregnant women)

<https://inspirewellness.co.kr/>

## PHYSICAL THERAPIST FOR INFANTS

☐ EDIS: Dr Black Infant Physical Therapist is a great resource at Camp Humphreys,

Phone: +82 10-6792-5283 for appointment (call or text).

It's for free, no insurance specifications, DoD provided service overseas.

## MASSAGE THERAPISTS

☐ Serenity Spa by Siri

Contact: <https://www.facebook.com/profile.php?id=61552522865102&sk=about>

## LACTATION CONSULTANTS

☐ Mu Yu Sarang ~ Pyeongtaek

Nurse Jackie Kim, IBLC

Breast Milk Sarang Pyeongtaek Branch  
 경기 평택시 평택5로34번길 31 프레이즈빌딩 206호  
<https://naver.me/5tet26Dt>  
 0507-1309-7619

☐ Sarah Song  
 IBLC, Lactation nurse (BDAACH)  
 Phone: 0503-337-7586  
 Email: [sarah.h.song.civ@health.mil](mailto:sarah.h.song.civ@health.mil)

☐ Chelsea Ashton (Osan), CLC  
 Schedule Appointment: [https://calendly.com/chelseaashton/30min?fbclid=IwAR0NYw6AD6-8WAY36Maz\\_KWsuKMSHegV4cG-is349EpPd9sZw6024w6MX6g&month=2024-02](https://calendly.com/chelseaashton/30min?fbclid=IwAR0NYw6AD6-8WAY36Maz_KWsuKMSHegV4cG-is349EpPd9sZw6024w6MX6g&month=2024-02)

☐ Houm OB/GYN and Midwifery  
 Phone: 02-548-9400  
**E-Mail** [obgyn@houm.co.kr](mailto:obgyn@houm.co.kr)  
 Website: <http://houm.co.kr/eng/>

## PRENATAL/POSTNATAL YOGA

☐ Patricia Baker  
 Phone: +82 10-3032-8562

☐ Kortnee Rotante  
 Phone: +1(601)768-2683

☐ Dayana Harrison (Pre/Post/Baby&Me)  
 Phone: +82 010 7507 4681 (Pre/Post/Baby&Me)  
 Website: [www.dhbirthservices.com](http://www.dhbirthservices.com)

## MATERNITY UNDERWEAR: CORE AND PELVIC FLOOR SUPPORT

☐ Bao Bei Body

- Pelvic Floor and Core Support Underwear for Pregnancy and/or Postpartum
- [https://www.baobeibody.com/?sca\\_ref=1709255.2esSUFVfJH](https://www.baobeibody.com/?sca_ref=1709255.2esSUFVfJH)

They offer a 15% coupon for pelvic floor trainers: [dhbirthservices15](https://www.dhbirthservices.com)

## PRENATAL EXERCISE

☐ Body Ready Method

- A wonderful resource for pregnancy and postpartum balancing and recovery.
- <https://bodyreadymethod.com/?osm=312>

- Coupon Code \$10: dcsY0312

## POSTPARTUM EXERCISE

### Body Ready Method

- A wonderful resource for pregnancy and postpartum balancing and recovery.
- <https://bodyreadymethod.com/?osm=312>
- Coupon Code \$10: dcsY0312

## POSTPARTUM EXERCISE FOR PROLAPSE

### POP UP: An Uplift Resource

- POP UP is a comprehensive educational course specifically created for those managing pelvic organ prolapse. It is delivered entirely online with video modules on topics like exercise, sex, treatment options, body image, pelvic floor physical therapy, daily movement activities, and more.
- Website:: <https://pop-s-school.thinkific.com/?ref=693af0>

### POP Uplift: An Uplifting Guide + 12 Weeks of Foundation Strength

- <https://pop-s-school.thinkific.com/bundles/pop-up-pop-up-lift?ref=693af0>

### POP Uplift:+ 12 Week Foundations + Strength Circuits + Return to Run

- <https://pop-s-school.thinkific.com/bundles/ultimate-bundle-pop-up-12-weeks-of-foundational-strength-12-weeks-of-strength-circuits-and-pop-up-run?ref=693af0>

## MILITARY MEDICAL/ INSURANCE CARE

### Tricare Pacific

-098-970-9155

## OFF-BASE MEDICAL CARE

### BIRTH CENTERS

#### Housm OB/GYN and Midwifery

Phone: [02-548-9400](tel:02-548-9400)

**E-Mail** [obgyn@houm.co.kr](mailto:obgyn@houm.co.kr)

Website: <http://houm.co.kr/eng/>

#### Yeon Nature

Phone: 02-518-1300

Email:

Website: <https://en.yeonnature.com/>

## **PLAYGROUNDS/ PLAYDATES**

- ACS at One-Stop
- Library Duke
- [South Korea Bellies, Birth and Babies](#) facebook group

## **NATUROPATHIC/HOMEOPATHIC SERVICES**

- Upcoming

## **BREASTFEEDING PUMP & EQUIPMENT SUPPLIERS**

- Janz  
Osan AFB  
Location: PX

## **HEALTH FOOD STORES**

- Upcoming

## **ACUPUNCTURE CLINIC**

- Upcoming

## **BOOK RECOMMENDATIONS**

### **NEWBORNS/INFANTS**

- The Happiest Baby on the Block
- The Womanly Art of Breastfeeding by La Leche League International
- The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind
- Cribsheet: A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool
- The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two
- The Attachment Parenting Book: A Commonsense Guide to Understanding and Nurturing Your Baby
- The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family

## **ONLINE RESOURCES**

- [www.evidencedbasedbirth.com](http://www.evidencedbasedbirth.com)



- ❑ [www.lamaze.org](http://www.lamaze.org)
- ❑ [www.childbirthconnection.org](http://www.childbirthconnection.org)
- ❑ [www.spinningbabies.com](http://www.spinningbabies.com)
- ❑ [www.VBACfacts.com](http://www.VBACfacts.com)
- ❑ [www.who.int](http://www.who.int)
- ❑ [www.kellymom.com](http://www.kellymom.com)
- ❑ [www.vbaclink.com](http://www.vbaclink.com)
- ❑ [www.kellymom.com](http://www.kellymom.com)
- ❑ [www.bodyreadymethod.com/?osm=312](http://www.bodyreadymethod.com/?osm=312)
- ❑ Learning and healing prolapse: <https://pop-s-school.thinkific.com/?ref=693af0>
- ❑ Help and information regarding birth injuries [www.birthinjurycenter.org](http://www.birthinjurycenter.org)
- ❑ Drugwatch

## ONLINE POSTPARTUM RESOURCES

- ❑ Postpartum Support International ([www.postpartum.net](http://www.postpartum.net))
- ❑ National Alliance on Mental Illness ([www.nami.org](http://www.nami.org))
- ❑ Postpartum Support International Online Support Group ([www.postpartum.net/get-help/psi-online-support-meetings/](http://www.postpartum.net/get-help/psi-online-support-meetings/))
- ❑ The Blue Dot Project ([www.thebluedotproject.org](http://www.thebluedotproject.org))
- ❑ Postpartum Progress ([postpartumprogress.com](http://postpartumprogress.com))
- ❑ The Postpartum Stress Center ([www.postpartumstress.com](http://www.postpartumstress.com))
- ❑ The Association for Postpartum Support and Education ([www.postpartum.net/get-help/locations/](http://www.postpartum.net/get-help/locations/))
- ❑ The Postpartum Society of Florida ([www.postpartumsocietyflorida.com](http://www.postpartumsocietyflorida.com))  
(Educational)
- ❑ Moms' Mental Health Matters ([www.momsmatterppd.org](http://www.momsmatterppd.org))
- ❑ Maternal Mental Health Now ([www.maternalmentalhealthnow.org](http://www.maternalmentalhealthnow.org))
- ❑ PSI Warmline ([www.postpartum.net/get-help/psi-warmline/](http://www.postpartum.net/get-help/psi-warmline/))
- ❑ The Postpartum Depression Alliance of Illinois ([www.ppdil.org](http://www.ppdil.org)) (Educational)
- ❑ The American Psychological Association ([www.apa.org](http://www.apa.org))
- ❑ The Substance Abuse and Mental Health Services Administration  
([www.samhsa.gov](http://www.samhsa.gov))
- ❑ The National Institute of Mental Health ([www.nimh.nih.gov](http://www.nimh.nih.gov))
- ❑ Mental Health America ([www.mhanational.org](http://www.mhanational.org))
- ❑ The Postpartum Resource Center of New York ([postpartumny.org](http://postpartumny.org)) (Educational)
- ❑ The Postpartum Support Group ([www.thepostpartumsupportgroup.com](http://www.thepostpartumsupportgroup.com))
- ❑ The Postpartum Wellness Center ([www.postpartumwellnesscenter.org](http://www.postpartumwellnesscenter.org))
- ❑ The Postpartum Education for Parents ([www.sbpep.org](http://www.sbpep.org))