



## RESOURCES LIST IN SOUTH KOREA

\*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)

Chec 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

**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!
- Classes Dates: Oct 11, 2023; Nov 8, 2023; Dec 13, 2023; Jan 10, 2024; Feb 14, 2024; and Mar 14, 2024
- Time: 09:30 to 12:30

☐ **Lactation Basics**

- Topics include latching, positioning, milk production, feeding cues, bottle pacing, partner support and more!
- Classes Dates: Oct 18, 2023; Feb 21, 2024; April 17; 2024; June19, 2024

- Time: 15:00 to 17:00

☐ Maternal Health and Pregnancy

- Topics include fetal development, medical care, nutrition, exercise, safety, and resources.
- Classes Dates: Sep 12, 2023; Oct 11, 2023; Nov 8, 2023; Dec 13, 2023; Jan 10, 2024; Feb 14, 2024; Mar 13, 2024; Apr 10, 2024; 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 Dates: Sep 20 2023; Oct 18, 2023; Nov 15, 2023; Jan 17, 2024; Feb 21, 2024; Mar 20; 2024
- Time: 12:00 to 14:30

**MILITARY HOSPITAL CHILDBIRTH CLASSES**

Brian D. Allgood Army Community Hospital (BDAAACH)

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

☐ Breastfeeding Support Group

Building 3031, 5th floor. WICU family room

Facilitate by hospital IBLC

Time: Every Thursday 10:30-11:30

No registration required

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

☐ Upcoming

**II. OSAN AIR BASE**

☐ Upcoming

### **III. OTHERS**

#### **DOULAS**

☐ Upcoming

#### **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](#)

#### **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>

## **MIDWIVES**

## **CHIROPRACTORS**

- ❑ Upcoming

## **MASSAGE THERAPISTS**

- ❑ Upcoming

## **LACTATION CONSULTANTS**

- ❑ Upcoming

## **MILITARY MEDICAL/ INSURANCE CARE**

- ❑ Tricare Pacific  
-098-970-9155

## **OFF BASE MEDICAL CARE**

- ❑

## **NATUROPHATIC/HOMEOPATHIC SERVICES**

- ❑

## **BREASTFEEDING PUMP & EQUIPMENT SUPPLIERS**

- ❑

## **HEALTH FOOD STORES**

## **ACUPUNCTURE CLINIC**



## 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.onestrongmama.com/?osm=312](http://www.onestrongmama.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))
- ❑ Moms' Mental Health Matters ([www.momsmatterpppd.org](http://www.momsmatterpppd.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))
- ❑ 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))
- ❑ 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))