



NAVY-MARINE CORPS RELIEF SOCIETY

MAKING A DIFFERENCE FOR SAILORS, MARINES AND THEIR FAMILIES.

For over a century, NMCRS has provided financial, educational, and other assistance to active duty and retired members of the Navy and Marine Corps, and their eligible family members.

For more information on assistance and eligibility, visit our website
WWW.NMCRS.ORG

LOCATIONS:

ALBANY
ANNAPOLIS
BAHRAIN
BANGOR
BEAUFORT
BETHESDA
BREMERTON
CAMP HANSEN
CAMP LEJEUNE
CAMP PENDLETON
NORTH
CAMP PENDLETON
SOUTH

CHARLESTON
CHERRY POINT
CHINA LAKE
CORPUS CHRISTI
DAHLGREN
EVERETT
FALLON
FORT WORTH
GREAT LAKES
GROTON
GUAM
GULFPORT
IWAKUNI

JACKSONVILLE
Kaneohe Bay
KINGS BAY
LEMOORE
LAKEHURST
LITTLE CREEK
MAYPORT
MCRD SAN DIEGO
MILLINGTON
MIRAMAR
MERIDIAN
NAPLES
NEW ORLEANS

NEW RIVER
NEWPORT
NEWPORT NEWS
NORFOLK
NORTH ISLAND
OCEANA
OKINAWA
PARRIS ISLAND
PATUXENT RIVER
PEARL HARBOR
PENSACOLA
PORTSMOUTH
QUANTICO

ROTA
SAN ANTONIO
SAN DIEGO
SASEBO
SIGONELLA
TWENTYNINE PALMS
VENTURA COUNTY
WASHINGTON NAVY
YARD
WHIDBEY ISLAND
YOKOSUKA
YUMA

FOR MORE INFORMATION VISIT:



The Navy-Marine Corps Relief Society is a 501(c)(3) nonprofit organization. It does not receive any federal funding.

Photo Credits: Petty Officer 1st Class Devin Langer, Cpl. Sarah Stegall and Pfc. Leslie Alcaraz

ADDRESS:

NMCRS Headquarters
875 N. Randolph Street
Suite 225
Arlington, VA 22203
(800) 654-8364

HOW WE HELP:



NMCRS OFFICES

Offices are located on Navy and Marine Corps installations worldwide and on ships. Find contact information, hours, and other details about the office near you at nmcrs.org.



VISITING NURSE PROGRAM

Our registered nurses provide health education for all stages of life via home and virtual visits. This includes prenatal, newborn, pediatric and adult health concerns for our eligible clients. Class offerings vary by site. Please contact your local NMCRS office for more information.



FINANCIAL ASSISTANCE

From car repairs to unexpected bills, things happen in life. NMCRS is here to provide a judgment free, safe place to help our Sailors and Marines in a financial challenge.



BUDGET FOR BABY® WORKSHOP

Welcoming a new family member is exciting. To prepare for the changing financial situation a new baby has on a family, the Society offers free workshops to expectant parents. All eligible clients will receive a handcrafted blanket and gift card.



FINANCIAL EDUCATION

NMCRS helps clients understand their financial situation, prepare a budget, and gain awareness of available resources.



EDUCATION ASSISTANCE

The NMCRS Education Assistance Program offers grants and interest free loans to children, under 23, and spouses of active duty, retired and deceased Sailors and Marines.



QUICK ASSIST LOAN®

When an active duty client has urgent financial needs, NMCRS QALs may help. No appointment is needed, and an interest-free loan up to \$1,000 may be processed in 15 minutes.



THRIFT SHOPS / UNIFORM LOCKER

NMCRS offers thrift shops or uniform lockers at many of our locations. Clients save money on gently-used household items and clothing. Our uniform lockers offer uniforms exclusively to active duty members. Thrift shop merchandise, hours, and shopper eligibility may vary by location.



EMERGENCY TRAVEL

When a loved one is sick or dying, the Society helps with travel arrangements and financial assistance.



DISASTER RELIEF

When natural disasters strike, NMCRS is there to provide help from base evacuations to clean up after the storm.



VOLUNTEERING

Volunteers are the backbone of the Society. NMCRS offers a wide range of opportunities for volunteers to share and grow their skills and talents while giving back to the community.



NAVY-MARINE CORPS
RELIEF SOCIETY®

Not all programs are available at every NMCRS location. Please check with your local office for program availability and eligibility.



NAVY-MARINE CORPS RELIEF SOCIETY®

Visiting Nurse Parent & Baby Visits

Bringing home a newborn is an exciting addition to any family's life, whether it is your first baby or your third! In that excitement, questions or concerns can arise that you didn't think to ask prior to leaving the hospital or you may have questions before delivery. The **Navy-Marine Corps Relief Society** can provide **free, confidential health education and resources** to you through virtual or in-home visits with the Visiting Nurse. This service is offered to assist you in navigating this time so that you and your newborn spend more time bonding and less time worrying!

How is baby doing?

The nurse will discuss elements of **newborn** care you may have questions about such as:

- Feeding your baby (breastfeeding, formula, supplementation)
- Well baby care
 - Baby's skin, bathing, umbilical cord, circumcision
- Immunizations for your infant
- Safety at home (Safe Sleep)
- Healthy habits for newborns
- Baby's brain and body development
- Signs and symptoms of illness

How are parents adjusting?

The nurse will check in with **parents** regarding:

- Breast care
- Support with breastfeeding and pumping
- Signs and symptoms of illness
- Postpartum hygiene
- Postpartum activity
- Nutritional needs
- Birth control methods/options
- Postpartum depression vs. "Baby Blues"

Budget for Baby Workshop

An important step in preparing for a baby is planning the financial impact. Call our office to sign up!

Rough Seas Postpartum Support Group

Join our virtual meetings held twice a month while we discuss resources, strategies, and support to empower families in a safe environment. Contact Nurse Stephanie to participate.



Contact Nurse Stephanie for information or scan the QR code to request a visit.

Stephanie Vine, BSN, RN

Kings Bay Visiting Nurse

Office: (912) 573-1060

Cell: (912) 464-0041

Email: Stephanie.Vine@nmcrs.org



DISASTER RELIEF

NAVY-MARINE CORPS RELIEF SOCIETY



Serving active duty and retired Sailors, Marines, and their families

We provide financial assistance for:

- Food, gas, temporary lodging
- Transportation
- Insurance deductibles and home repairs

Resulting from natural and/or personal disaster:

- Base evacuations
- Hurricanes and tornadoes
- Tropical storms, snow and ice
- Wildfires and floods
- Earthquakes
- Power Outages

What to do:

- Monitor your command's social media for location of evacuation services and guidance
- Contact the nearest NMCRS office
- Bring your military ID



www.nmcrcs.org/disasterrelief

For more information, contact the nearest Navy-Marine Corps Relief Society office.

The Navy-Marine Corps Relief Society is a non-profit charitable organization that provides financial assistance and education to active duty and retired members of the United States Navy and Marine Corps, their eligible family members and survivors.



**NAVY-MARINE CORPS
RELIEF SOCIETY**

Local Office

Kings Bay

Phone Number

912-573-3928