

NMCRS B4B Class Schedule

Wednesday, April 29, 2026

NMCRS Office

Annapolis

Phone # (410) 293-9220

Contact Office to Register Email annapolis@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
		In Person 1 on 1	Contact the office for additional information Budget for Baby takes place during Baby Bootcamp at the Fleet and Family Service Center. Participants can call 410-293-2641 to register and for more information.

Bangor

Phone # 360-396-6704

Contact Office to Register Email bangor@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/GHV61prGyh>

Month	Time	Type	Notes
5/5/2026	1030	In Person	
5/19/2026	1030	In Person	
6/2/2026	1030	In Person	
6/16/2026	1030	In Person	
7/7/2026	1030	In Person	
7/21/2026	1030	In Person	

Beaufort

Phone # 843-228-7357

Contact Office to Register Email beaufort@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/TWx4uXW8EV?origin=lpLink>.

Month	Time	Type	Notes
		1 on 1 In Person or Virt	In Person Classes held at NMCRS office, MCAS Beaufort Building 799

Bethesda

Phone # 301-295-1207

Contact Office to Register Email bethesda@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
		1 on 1 In Person or Virt	Room 118, Building 11, NSA Bethesda - Contact the office for additional information

NMCRS Office

Bremerton

Phone # 360- 627-2187

Contact Office to Register Email bremerton@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
		1 on 1 In Person or Virt	Contact the office for additional information
			Contact the office for additional information

Camp Lejeune

Phone # 910-451-5584

Contact Office to Register Email camplejeune@nmcrs.org

B4B Class Sign Up Link <https://nam04.safelinks.protection.outlook.com/?url=https>

Month	Time	Type	Notes
			Classes held at NMCRS Office at 316 G St – Conference Room
5/8/2026	0930-1100	In Person	
5/15/2026	0930-1100	In Person	
5/19/2026	0930-1100	In Person	
5/29/2026	0930-1100	In Person	
6/5/2026	0930-1100	In Person	
6/12/2026	0930-1100	In Person	
6/26/2026	0930-1100	In Person	
7/10/2026	0930-1100	In Person	
7/17/2026	0930-1100	In Person	
7/24/2026	0930-1100	In Person	

Camp Pendleton North

Phone # 760-725-7497

Contact Office to Register Email camppendletonnorth@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			1 on 1 in-person appointments available upon request. Please contact office for more information and to sign-up.

Camp Pendleton South

Phone # 760-725-5337

Contact Office to Register Email camppendleton@nmcrs.org

B4B Class Sign Up Link https://docs.google.com/document/d/1oPLLI-kISr_hn_L0im

Month	Time	Type	Notes
			Commands are welcome to book Unit Classes. Please have them contact office for further information. All classes are held at our office, 1121
5/6/2026	0900-1100	In Person	
5/28/2026	1300-1500	In Person	
6/3/2026	0900-1100	In Person	
6/25/2026	1300-1500	In Person	

NMCRS Office

Charleston

Phone # 843- 794-7662

Contact Office to Register Email charleston@nmcrs.org

B4B Class Sign Up Link <https://nam04.safelinks.protection.outlook.com/?url=https>

Month	Time	Type	Notes
			1-on-1 in-person or virtual workshops are available by appointment. Commands are welcome to book unit classes.
			Workshops are held at the NMCRS office, 2316 Red Bank Rd., Building 84, Goose Creek, SC 29445
			(NSA/Command Headquarters Building, located next door to the Red Bank Club).
5/11/2026	1000-1200	In Person	
6/8/2026	1000-1200	In Person	
6/10/2026	1600-1800	In Person	
7/13/2026	1000-1200	In Person	

Cherry Point

Phone # 252-466-2797

Contact Office to Register Email cherrypoint@nmcrs.org

B4B Class Sign Up Link <https://nam04.safelinks.protection.outlook.com/?url=https>

Month	Time	Type	Notes
			Please call 252-466-2031 to Register
5/8/2026	1000-1130	In Person	
5/29/2026	1000-1130	In Person	
6/12/2026	1000-1130	In Person	
6/26/2026	1000-1130	In Person	
7/10/2026	1000-1130	In Person	
7/24/2026	1000-1130	In Person	

China Lake

Phone # 760-939-2921

Contact Office to Register Email chinalake@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
5/20/2026	1900	In Person 1 on 1	RSVP by 5/14
6/23/2026	0900	In Person	
7/22/2026	1000	In Person	RSVP by 7/16

Corpus Christi

Phone # (361) 961-3482

Contact Office to Register Email CorpusChristi@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Contact the office for additional information

NMCRS Office

Dahlgren

Phone # 202-433-3364

Contact Office to Register Email washingtonnavyyard@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
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Contact the office for additional information

Everett

Phone # 425-304-3203

Contact Office to Register Email everett@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/zeve0qZ9Am>

Month	Time	Type	Notes
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One on One and virtual classes available by appointment. Please contact the office at 425-304-3203 to register for the classes or if you have any questions.

5/6/2026	1000-1200	In Person	Smokey Point Rm 835
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6/3/2026	1000-1200	In Person	Smokey Point Rm 835
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Fallon

Phone # 775-426-2739

Contact Office to Register Email fallon@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/UDTsmEPDLQ>

Month	Time	Type	Notes
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6/16/2026	1130	In Person	Signup at https://forms.office.com/r/UDTsmEPDLQ
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Fort Meade

Phone # 202-433-3364

Contact Office to Register Email washingtonnavyyard@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
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Budget for Baby takes place during Baby Bootcamp at Fleet and Family Services Center and participants can call 301-677-9014/17/18 for more information.

In Person 1 on 1 Contact the office for additional information

Fort Worth

Phone # 817-782-6000

Contact Office to Register Email fortworth@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
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		1 on 1 In Person or Virt	Call the office to schedule appointment
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NMCRS Office

Great Lakes

Phone # 847-688-6830

Contact Office to Register Email greatlakes@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/PmacuzZ6gm>.

Month	Time	Type	Notes
		TBD	Call the office for upcoming dates. 1 on 1 Available upon Request
5/15/2026	1000-1200	Virtual	
6/12/2026	1000-1200	Virtual	

Groton

Phone # 860-694-3285

Contact Office to Register Email groton@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			One on one appointments are available by request. Contact the office for an Appointment.
5/8/2026	0900	In Person	
6/12/2026	0900	In Person	
7/10/2026	0900	In Person	

Guam

Phone # 671-564-1879

Contact Office to Register Email guam@nmcrs.org

B4B Class Sign Up Link <https://nam04.safelinks.protection.outlook.com/?url=https>

Month	Time	Type	Notes
		1 on 1 In Person or Virt	Contact the office for additional information
5/4/2026	1400-1600	In Person	Combination Baby Basics and B4B
5/16/2026	0900	In Person	
6/12/2026	1400-1600	In Person	Combination Baby Basics and B4B
6/20/2026	0900	In Person	

Gulfport

Phone # 228-871-2610

Contact Office to Register Email gulfport@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Classes Held at Fleet & Family Support Center. One on one appointments are available by request. Contact the office for more info and to sign-up.
5/15/2026	1100	In Person	
6/12/2026	1100	In Person	
7/17/2026	1100	In Person	

NMCRS Office

Iwakuni

Phone # 011-81-827-79-5311

Contact Office to Register Email iwakuni@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
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Contact the office for additional information. Class are held in Bldg 625, 3rd floor, Rm 315.

5/7/2026	1000-1130	In Person
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5/23/2026	1700-1830	In Person
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6/11/2026	1700-1830	In Person
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6/27/2026	1000-1130	In Person
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7/9/2026	1700-1830	In Person
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7/25/2026	1000-1130	In Person
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Jacksonville

Phone # 904- 542-3515

Contact Office to Register Email jacksonville@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
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Please call 904-542-3515 to register for upcoming B4B class. Workshops are held in Bldg #13 outside of the Yorktown Avenue gate.

5/12/2026	1100	In Person
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6/9/2026	1100	In Person
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7/14/2026	1100	In Person
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Kaneohe Bay

Phone # 808-496-1972

Contact Office to Register Email kaneohebay@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
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1 on 1 in person appointments available upon request. Please contact office for more information and to sign up.

5/18/2026	0900-1100	In Person
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6/15/2026	0900-1100	In Person
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Kings Bay / Albany

Phone # 912-573-3928

Contact Office to Register Email kingsbay@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
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1 on 1 in-person appointments available upon request. Please contact the office for more information and to sign-up.

NMCRS Office

Lemoore

Phone # 559-998-4045

Contact Office to Register Email lemoore@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Contact the office for additional information
		Virtual	1 on 1 are always available In Person or Virtual by appointment upon request. Please contact 559-998-4045 to schedule a class.
5/29/2026	0930-1100	In Person	
6/22/2026	1800-1930	In Person	

Little Creek

Phone # 757-462-1596

Contact Office to Register Email littlecreek@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
		1 on 1 In Person or Virt	NMCRS Little Creek Office strives to meet Sailors and Marines on your availability. The Budget for Baby Workshop can be scheduled daily between 0900 and 1500. Please call 757-462-1596 to reserve your individual appointment time.

Mayport

Phone # 904-270-5418 x 1504

Contact Office to Register Email mayport@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Contact the office for additional information
5/27/2026	1200-1330	Virtual	
5/28/2026	1200-1330	In Person	
6/18/2026	1200-1330	In Person	
6/24/2026	1800-1930	Virtual	

MCRD San Diego

Phone # 619-524-5734

Contact Office to Register Email mcrdsandiego@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
		In Person 1 on 1	Contact the office for additional information

NMCRS Office

Millington

Phone # 901-874-7350

Contact Office to Register Email millington@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Contact the office for additional information. One on One and Virtual Classes upon request.
5/12/2026	1000-1200	In Person	
6/16/2026	1000-1200	In Person	
7/21/2026	1000-1200	In Person	

Miramar

Phone # 858-307-1807

Contact Office to Register Email miramar@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Classes held at the NMCRS Miramar office in Building 2273. One-on-one appointments are available by request. Contact our office for more information
5/15/2026	1030-1200	In Person	
6/12/2026	1030-1200	In Person	
7/17/2026	1030-1200	In Person	

Naples

Phone # 081-568-3913

Contact Office to Register Email naples@nmcrs.org

B4B Class Sign Up Link <https://nam04.safelinks.protection.outlook.com/?url=https>

Month	Time	Type	Notes
			Contact the office for additional information. The location for the class will be at the Support Site Library Conference Room
5/19/2026	1000-1300	In Person	
6/16/2026	1000-1300	In Person	
7/21/2026		In Person	Time is TBD

New Orleans

Phone # 504-678-4652

Contact Office to Register Email neworleans@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			All workshops are in person and located at: 400 Russell Ave, Bldg. 555 Legal Assistance Office, Conference Room 125 Belle Chasse, LA 70143 Virtual and one-on-one appointments available. Call 504-678-4652 or email to schedule.

NMCRS Office

New River

Phone # 910-449-6431

Contact Office to Register Email newriver@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/Pages/ShareFormPage.aspx?id=7t>

Month	Time	Type	Notes
			Contact the office for additional information
5/13/2026	1000-1130	In Person	

Newport

Phone # 860-694-3285

Contact Office to Register Email newport@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/PmacuzZ6gM>

Month	Time	Type	Notes
		In Person 1 on 1	Great Lakes office offers Virtual classes regularly and Newport personnel can contact the Great Lakes office to register for a virtual class.

Norfolk

Phone # 757-322-1171

Contact Office to Register Email Norfolk@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Contact the office for additional information
4/30/2026	1000-1200	Virtual	
5/7/2026	1000-1200	In Person	
5/14/2026	1000-1200	In Person	
5/28/2026	1000-1200	Virtual	
6/4/2026	1000-1200	In Person	
6/11/2026	1000-1200	In Person	
6/25/2026	1000-1200	Virtual	
7/9/2026	1000-1200	In Person	
7/16/2026	1000-1200	In Person	
7/20/2026	1000-1200	Virtual	
7/23/2026	1000-1200	In Person	

North Island

Phone # 619-545-4477

Contact Office to Register Email northisland@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Contact the office for additional information
5/6/2026	1730-1900	Virtual	
5/8/2026	1100-1300	In Person	
6/3/2026	1730-1900	Virtual	

NMCRS Office

Oceana

Phone # 757-433-3383

Contact Office to Register Email oceana@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/hzcBtZn1aR?origin=lprLink>

Month	Time	Type	Notes
			Contact the office for additional information. Classes are held in FFSC/SAPR Boardroom 300
5/13/2026	1030	In Person	
5/27/2026	1400	In Person	
6/10/2026	1030	In Person	
6/24/2026	1400	In Person	
7/8/2026	1030	In Person	
7/22/2026	1400	In Person	

Okinawa

Phone # 098-970-7808

Contact Office to Register Email okinawa@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			One on One in person is available, please call the office to make an appointment. MCB Camp Foster, Headquarters and Service Company, Bldg 494, First floor - Room 104
5/1/2026	1030-1230	In Person	Camp Foster
6/5/2026	1030-1230	In Person	Camp Foster
6/26/2026	1030-1230	In Person	Camp Courtney
7/10/2026	1030-1230	In Person	Camp Foster

Parris Island

Phone # 843-228-3512

Contact Office to Register Email parrisland@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/TWx4uXW8EV?origin=lprLink>

Month	Time	Type	Notes
			Contact the office for additional information. In Person Classes held at NMCRS Office 2nd Floor of Visitor's Center, MCRD Parris Island, Bldg. 283, 521 Blvd. de France

Patuxent River / Indian Head

Phone # 301-342-4739

Contact Office to Register Email patuxentriver@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/svZQQLD81G>

Month	Time	Type	Notes
			One on One in person are available, please call the office to make an appointment. Classes are held in our spaces at Bldg 401. Call 301-342-4739 to register.
5/26/2026	1000	In Person	
6/23/2026	1000	In Person	

NMCRS Office**Pearl Harbor**

Phone # 808-473-0282

Contact Office to Register Email pearlharbor@nmcrs.org**B4B Class Sign Up Link**

Month	Time	Type	Notes
			One on one, in person, appointments are also available. Please call the office at 808-473-0282 to schedule an appointment or register for one of our upcoming workshops.
5/4/2026	1000-1130	In Person	
5/21/2026	1800-1930	In Person	
6/1/2026	1000-1130	In Person	

Pensacola

Phone # 850-452-2300

Contact Office to Register Email pensacola@nmcrs.org**B4B Class Sign Up Link**

Month	Time	Type	Notes
			One on One in person or virtual is available, please call the office to make an appointment
5/14/2026	1700-1830	In Person	NMCRS Office on NAS Pensacola, 91 Radford Blvd, Bldg 191
6/11/2026	1100-1230	In Person	NMCRS Office on NAS Pensacola, 91 Radford Blvd, Bldg 191
6/18/2026	1100-1230	In Person	Whiting Field Classes are held at Bldg 2998 (Next to the Tower Café)
7/9/2026	1700-1830	In Person	NMCRS Office on NAS Pensacola, 91 Radford Blvd, Bldg 191

Portsmouth

Phone # 757-953-5956

Contact Office to Register Email portsmouth@nmcrs.org**B4B Class Sign Up Link**

Month	Time	Type	Notes
			Contact the office for additional information
5/7/2026	1200-1330	In Person	Classroom 6
5/15/2026	1400-1530	Virtual	
5/21/2026	1200-1330	In Person	Classroom 6
6/12/2026	1400-1530	Virtual	
6/18/2026	1200-1330	In Person	Classroom 6
7/9/2026	1200-1330	In Person	Classroom 6
7/17/2026	1400-1530	Virtual	
7/23/2026	1200-1330	In Person	Classroom 6

NMCRS Office

Quantico

Phone # 703-784-9754

Contact Office to Register Email quantico@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Virtual and one-on-one available upon request
5/15/2026	1130	In Person	
6/19/2026	1130	In Person	
7/17/2026	1130	In Person	

Rota

Phone # 956-821-1614 DSN 727-1614

Contact Office to Register Email rota@nmcrs.org

B4B Class Sign Up Link <https://forms.office.com/r/jXxd8yF5Bf>

Month	Time	Type	Notes
			1 on 1 In Person by Request - In person classes are held in the NMCRS Classroom, located in Building 1B Classroom
5/4/2026	1300-1400	In Person	
6/1/2026	1300-1400	In Person	

San Antonio / Corpus Christi

Phone # 210-221-9819

Contact Office to Register Email sanantonio@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			In Person Appointments upon Request

San Diego

Phone # 619-767-6800

Contact Office to Register Email sandiego@nmcrs.org

B4B Class Sign Up Link www.tinyurl.com/budget4babybnsd

Month	Time	Type	Notes
			One-on-one available upon request
5/2/2026	0930-1030	In Person	
5/13/2026	1300-1400	Virtual	
6/12/2026	0930-1030	In Person	
6/24/2026	1300-1400	Virtual	

NMCRS Office

Sasebo **Phone #** 315-252-3366 / 0956-50-3366 / 011-81-956-50-3
Contact Office to Register **Email** sasebo@nmcrs.org
B4B Class Sign Up Link <https://outlook.office.com/book/BudgetforBabyWorkshop>

Month	Time	Type	Notes
5/5/2026	1730-1900	In Person	Main Base - CEC Bldg. 155, 2nd Floor Classroom F&G
5/13/2026	1200-1330	In Person	Main Base - CEC Bldg. 155, 2nd Floor Classroom F&G
5/19/2026	1730-1900	In Person	Hario Village Chapel - Classroom E
5/27/2026	1200-1330	In Person	Main Base - CEC Bldg. 155, 2nd Floor Classroom F&G
6/2/2026	1730-1900	In Person	Main Base - CEC Bldg. 155, 2nd Floor Classroom F&G
6/10/2026	1200-1330	In Person	Main Base - CEC Bldg. 155, 2nd Floor Classroom F&G
6/16/2026	1730-1900	In Person	Hario Village Chapel - Classroom E
6/24/2026	1200-1330	In Person	Main Base - CEC Bldg. 155, 2nd Floor Classroom F&G
6/30/2026	1730-1900	Virtual	

Sigonella **Phone #** DSN 314-624-4212
Contact Office to Register **Email** sigonella@nmcrs.org
B4B Class Sign Up Link

Month	Time	Type	Notes
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Twentynine Palms **Phone #** 760-830-6323
Contact Office to Register **Email** twentyninepalms@nmcrs.org
B4B Class Sign Up Link <https://nam04.safelinks.protection.outlook.com/?url=https>

Month	Time	Type	Notes
			Family Service Center Building 693 in classroom #1
5/8/2026	1130-1300	In Person	
5/28/2026	1700-1830	In Person	
6/15/2026	1130-1300	In Person	

NMCRS Office

Ventura / (China Lake)

Phone # 805-982-4409

Contact Office to Register Email ventura@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			B4B® workshops are being offered virtually via MS Teams. Group workshops and 1 on 1 are also available upon request. China Lake may also request an appointment outside of the published dates.
5/13/2026	1300	In Person	
5/13/2026	1000	Virtual	
6/17/2026	1000	Virtual	
6/17/2026	1300	In Person	
7/15/2026	1300	In Person	
7/15/2026	1000	Virtual	

Washington Navy Yard

Phone # 202-433-3364

Contact Office to Register Email washingtonnavyyard@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			B4B® workshops are offered virtually via MS Teams or in person at our office on the Washington Navy Yard. 1-on-1 classes are also available upon request. Please contact our office at 202-433-3364 for more information.
5/27/2026	1300	In Person	
5/29/2026	1300	Virtual	
6/19/2026	1300	In Person	
6/26/2026	1300	Virtual	

Whidbey Island

Phone # 360-257-2728

Contact Office to Register Email whidbeyisland@nmcrs.org

B4B Class Sign Up Link

Month	Time	Type	Notes
			Contact the office for additional information
5/6/2026	1000-1100	In Person	
5/21/2026	1730-1830	In Person	
6/10/2026	1000-1100	In Person	
6/25/2026	1730-1830	In Person	
7/8/2026	1000-1100	In Person	
7/23/2026	1730-1830	In Person	

NMCRS Office

Yokosuka

Phone # 011-81-46-816-7905 Base Phone 046-816-7905

Contact Office to Register Email yokosuka@nmcrs.org

B4B Class Sign Up Link [Yokosuka 2026 Budget for Baby® Workshops – Fill out form](#)

Month

Time

Type

Notes

Contact the office for additional information

Yuma

Phone # 928 269-2373

Contact Office to Register Email yuma@nmcrs.org

B4B Class Sign Up Link

Month

Time

Type

Notes

B4B is presented 1 on 1 in person. Contact the office to schedule an appointment.