

Parent-Child Groups at Families First

Tuesdays
10-11:30 a.m.
Free!

Babytime
For ages 0-12 months (or expecting)

Mondays
9:30-11 a.m.
\$5 per family*

Toddler Playtime
For ages 1-2 years

Wednesdays
9:30-11 a.m.
\$5 per family*

Terrific Twos Playtime
For ages 2-3 years

Fridays
9:30-11 a.m.
\$5 per family*

Preschool Playtime
For ages 3-5 years

At the Community Campus in Portsmouth



For children:

First friendships and
age-appropriate activities
(including circle time, snack,
stories and gym for older kids)

For parents:

New ideas for activities and
parenting, connections with
other parents, answers to your
child-development questions



Families First

support for families...health care for all

www.FamiliesFirstSeacoast.org

603.422.8208

Families First Health & Support Center is a nonprofit community health center providing health care and family services. Support for parenting and family programs comes from NH Department of Health and Human Services, Foundation for Seacoast Health, Portsmouth Regional Hospital, NH Children's Trust Inc., United Way of the Greater Seacoast, People's United Community Foundation, Fuller Foundation, Portsmouth Community Development Block Grants, Provident Community Foundation, Wal-Mart Distribution Center, and the Towns of Hampton, Seabrook, Portsmouth, Greenland, Stratham, Exeter, North Hampton, Rye, New Castle and Hampton Falls.



*Fees are waived for clients of Families First Health Center and home-visiting programs. Punch-cards are available.