



April 2009

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April at a Glance

Portsmouth:

This month only: Building in Protection, Helping Kids Get Along, Help for Your Aggressive Child, Keeping Your Cool, Winning at Parenting

Ongoing: Parent Recharge; Grandparenting; parent-child playgroups for babies, toddlers and preschoolers; Family Fun Night (for families under stress)

Lower Seacoast: Parent Recharge, Family Morning Out, Keeping Your Cool, The Teen Years are Coming

Western Rockingham County: Babytime

Exeter: Getting Some Respect

For more about these programs, click below for information in your choice of three formats:



[Program descriptions and links to flyers](#)

Dear Families First clients, partners and friends,

I will soon be leaving Families First after seven great years, first as Family Center Director and then as Program Director. It has been a pleasure working with you to make the Seacoast a better place for children and families to live and thrive. Families First has taught me a lot about providing comprehensive services to meet the needs of the whole person and the whole family. We have hired very skilled and compassionate staff members who are committed to our mission. We have listened to our clients and have expanded services to meet your dental, behavioral and family support needs.

I know Families First will continue along this path and be here for you, your neighbors, friends, clients and family members for years to come. On April 14th I will begin as the Executive Director for the New Hampshire Children's Trust Fund. The Trust Fund supports programs that prevent child abuse and neglect, including some of Families First's programs, and also works to create environmental strategies and momentum for reducing child abuse and neglect. New Hampshire children need our protection, and their parents need our support. I hope you'll join with me to strengthen families and keep our kids safe.

Best wishes to all of you.

A handwritten signature in black ink that reads "Keryn Kriegl".

Keryn Kriegl



PROGRAM of the Month: Disease Management

Because most avoidable health problems, as well as most avoidable health care costs, are related to chronic illnesses, Families First Health Center staff work hard at helping patients manage conditions like asthma, diabetes and hypertension.

Our certified diabetes educator, Jane Cummings, RN, (pictured) organizes group visits to provide extra support and education for patients with diabetes. Group visits include





private screenings for each patient; a healthy lunch; and an educational presentation by our nutritionist, behavioral health specialist, medical provider or an outside expert. One of our physicians or nurse practitioners is at every meeting to answer questions. Finally, one of the most beneficial aspects of the groups is that patients educate and support each other in managing their diabetes.

For patients with asthma, Dr. Barbara Deuell of Allergy Associates of New Hampshire comes in on a volunteer basis to hold a monthly asthma/allergy clinic on-site at Families First. And our certified asthma educator, Sue Durkin, RN, makes sure we integrate the most up-to-date information about asthma management into the way we care for our patients and advise them about home asthma care.

If you are a Families First Health Center patient and want to participate in an asthma clinic or a diabetes group visit, just ask your provider for a referral. To learn more about becoming a Health Center patient, call 603-422-8208 ext. 1. Families First Health Center is open to *everyone*.

Why Can't They All Just Get Along?

Should my 2-year-old be able to share? Can a 4-year-old play without fighting? Why are they excluding my 8-year-old? Does my 14-year-old always have to be online with friends? If you have questions like these, come to Families First's "Getting Better at Getting Along" class. In this free class -- which also includes free child care -- parents and other caregivers will get a better idea of what to expect from their kids and how they can help them. The final session will focus specifically on how to teach social and learning skills that promote school success. The class meets Tuesday evenings, April 14-28. Joanna Wicklein, CFLE, and John Battye will facilitate. Advance signup is needed for both the class and child care: Call 603-422-8208 ext. 2 or [send an email](#).



DRIVE OF THE MONTH: Diapers

You can make a difference by donating diapers of all sizes, baby wipes and pull-ups. These items are hard for many families to afford, and will be much appreciated. Please bring your donations to the drop box in the Families First lobby. Questions? Call 603-422-8208 ext. 2 or [send an email](#).

[Click here](#) to view the "Drive of the Month" schedule for the year.

Call for Artwork

On April 17 and 18, Families First will be accepting artwork for the "Artists of the Seacoast" exhibit and 2010 calendar. If you or an artist you know would like to submit artwork, [click here for details](#). This year we are at a new exhibit venue, the [Discover Portsmouth Center](#), where the art will be on display on weekends, April 25 - May 25. "Apple Blossoms," by Elsa Brodie, represents May in the 2009 calendar.



Fans Needed

Help build the Families First community and spread the word about Families First by becoming our fan on Facebook.

[Click here](#), then log in (or sign up if you are new to Facebook), then click *Become a Fan*. Please write on our wall to share your own experience with Families First, and invite your friends to become fans too. They can find us by searching for "Families First Health and Support Center" on Facebook.

Resource of the Month: Free Credit Report

Click [here](#) to request a free credit report by phone, mail or online. You don't need to purchase any of the products you will be offered; just click *No thanks, I want my free annual credit report*. Everyone is entitled to an annual free credit report.

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Families First Health & Support Center | 100 Campus Drive, Suite 12 | Portsmouth | NH | 03801