

Families First

support for families...health care for all

Parenting & Family Programs Winter/Spring 2012

All parents, guardians, grandparents and kids are welcome!

When Tempers Flare: Keeping Your Cool, Tues, 6-7:30pm

- 1/10: Help for Hot-Tempered Kids, Q&A with Dr. Dawn Huebner
- 1/17-2/7: Anger Help for Everyday Parenting with John Battye, M.Ed.

Parenting That Makes a Difference, Tuesdays, 6-7:30 PM

- 2/14-21: Recipe for Well-Behaved Kids
- 2/28-3/6: Understanding and Redirecting Misbehavior
- 3/13-20: Winning Cooperation
- 3/27-4/3: Responsibility and Discipline
- 4/10-17: Building Courage, Character and Self-Esteem

- **The Blended Family:** Your Kids, My Kids, Our Kids
- **Parenting Teens**
- **Parenting After Divorce or Separation**

For times & dates on these classes, call 603-422-8208 x123

Wednesday-Morning Q&A sessions, 9:30-11 AM

with local author and psychologist Dr. Dawn Huebner

- 2/1: Siblings - Why Can't They Just Get Along?
- 4/4: You've Got Questions...We've Got Answers!

Thursday-Morning Parenting Classes, 9:30-11 AM

2nd & 4th Thursdays each month covering topics such as:
Mealtime, Bedtime, Chores, Effective Discipline, etc.

Parent Recharge: Take some time for yourself

1st & 3rd (and 5th!) Thursdays each month, 9:30-11 AM

Parent-Child Playgroups

- Babytime (prenatal to 1 year): Tuesdays, 10-11:30 AM
- Toddler Playtime (ages 1 to 2): Mondays, 9:30-11 AM. \$5*
- Terrific Twos Playtime (ages 2 to 3): Weds., 9:30-11 AM. \$5*
- Epping Family Morning Out (ages 0-6): Thurs., 9:30-11 AM at Epping Recreation Center, 17 Academy Street
- Preschool Playtime (ages 3 to 5): Fridays, 9:30-11 AM. \$5*



All programs are held at the Community Campus in Portsmouth unless otherwise noted.

All programs are free unless otherwise noted.

Free child care for children ages 0-12 while you attend, with free dinner for kids!

Advance signup is required for all programs (except playgroups) and for child care: **603-422-8208 x2.**

Families First Health and Support Center, a non-profit agency, also offers affordable medical and dental care and one-to-one family support.

Details and updates at **FamiliesFirstSeacoast.org**

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, United Way of the Greater Seacoast, Fuller Foundation, International Women's Club of New England, 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 Program.