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# Families First

support for families...health care for all

## December 2011

Families First Programs/News

Issue 12

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### December Parent & Family Programs

#### In Portsmouth ([details](#))

Parenting During the Holidays ... Postpartum Group ... Parent Recharge ... Family Fun Night ... and playgroups for infants, toddlers, two-year-olds and preschoolers, with their parents.

#### In Epping ([details](#))

Family Morning Out

For the same info in printable PDF or Google calendar format, click one of these icons:



Families First also provides a broad range of health services, offered regardless of ability to pay. Click to learn about our [primary care](#), [prenatal care](#) and [dental services](#).

### Quick Links

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[Jobs at Families First](#)

[Donate/Help](#)

### See You Saturday at Portsmouth's Holiday Parade!



Families First will be participating in this year's "Caring Christmas" Illuminated Holiday Parade on December 3. You will see our mobile health care van (pictured) decorated up for the festivities. [Click here for info](#) on times, the parade route, the tree-lighting ceremony, and how you can contribute to a food drive being held that



night to benefit three local food pantries. We hope to see you there!

### PROGRAM OF THE MONTH: Dental services



Families First's state-of-the-art Dental Center continues to offer various types of dental services. We now have five dentists and three hygienists.

Did you know that any child from Maine or New Hampshire, with or without dental insurance, is eligible to come to our Dental Center? We even offer some evening and Saturday hours. Adults who are medical patients at Families First, as well as those referred here from Portsmouth Regional Hospital with dental pain, are also eligible for dental services.

In addition, Families First now offers some dental care on the road. Our dental director, Dr. AJ Homicz, is out there offering dental services to people who are currently in transitional housing (shelter, motel, winter rental, couch surfing, etc.). If you or a friend is currently living in temporary housing and have any dental pain, please call for our mobile medical and dental schedule. We take several dental insurances and also offer a sliding fee scale based on your income if you are uninsured.

Let us help you to feel better! It is what we do! Call 603-422-8208 option 3

[Click for more info about this program](#)



### "Tag -- You're It!"

Next time you're in Families First's lobby, please grab a tag or two from our Wish List board. Each tag lists an item we need for our programs (such as art supplies or refreshments), or to pass on to clients (such as toiletries for our homeless patients, or NEW baby items for expectant parents). Thank you for helping us keep our costs down by purchasing and donating an item or two!

(You can also find [a link to our wish list here.](#))

### KIDS ACTIVITY OF THE MONTH: Giftmaking

On December 13, Families First invites you and your kids to our "Gift-Making for Kids and Adults" night. Have fun with your kids while making some simple gifts for others. We provide the space and supplies - all you have to do is sign up, by calling 603-422-8208 (press 2). Free! [More info...](#)

### PARENTING TIP OF THE MONTH: Create caring kids

Create a sense of community and caring in your children by giving to others. Is there an elderly neighbor who needs help or companionship? A friend who could

benefit by some help with child care or a homemade meal? Or how about passing on some toys, books or clothes to a younger child?

## Hospital's "Tree of Lights" to benefit Families First



Families First is honored to have been chosen to receive donations from Portsmouth Regional Hospital's 2011 Tree of Lights benefit. Join us on December 13 at 5 p.m. in the hospital courtyard for the celebration, and please consider honoring a loved one with a Tree of Lights donation -- just go the hospital main desk or [download a donation form here](#).

## Art calendars make great gifts



Wouldn't the 2012 Artists of the Seacoast calendar make a great gift for someone on your list? It's only \$15, and you'd be supporting Families First at the same time. The watercolor shown at left, by Beverly Whitehouse, represents December in the calendar.

[Peek at calendar artwork and learn how to purchase](#)

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Try it FREE today.

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