

From: Keryn Kriegl [kkriegl@familiesfirstseacoast.org]
Sent: Friday, October 19, 2007 12:20 PM
To: Margie Wachtel
Subject: November programs and news from Families First



Programs & News

November 2007

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Dear Friends,

The holiday season coming up can make things both exciting and challenging. A great way to stay sane is to participate in our parenting and family programs. We have many exciting things coming up in November, including the recipe for a well-behaved child. Please take a look at our [November program calendar and flyers](#), and read on for more program and other news.

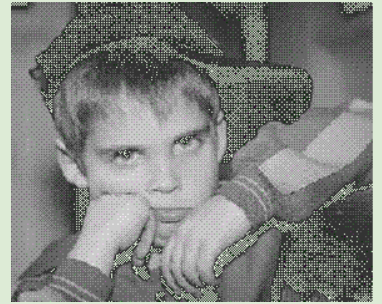
A handwritten signature in black ink, appearing to read "Keryn Kriegl".

Keryn Kriegl, Program Director

P.S. Please help more people discover our valuable programs! Use the link at bottom of thsi page to forward this newsletter, or print and post our flyers.

Parenting After Divorce or Separation

For one or both parents who share the parenting of a child. Minimize the effects of divorce on your child by learning how to negotiate with your ex and make decisions that are in your child's best interest. A great followup to the Child Impact Seminar required by the State of NH. *Nov. 7, 14, 28 & Dec. 5 at 6pm*



Families First Welcomes New Pediatric Provider

Pediatric Nurse Practitioner Eileen McCarthy, ARNP, will be seeing children and teens at Families First Health Center beginning Nov. 12. She has a master's degree in nursing from Boston College and is certified by the National Association of Pediatric Nurse Practitioners. *For an appointment, call 603-422-8208 ext. 1.*

One-on-One Support for Families

In addition to classes and groups, Families First also provides individualized support for families. Our family support workers can meet you and your family at your home, office or anywhere that's comfortable for you. Together you can create goals and work toward managing stress and improving your family life. Family support workers also can help you hook up with programs for holiday gifts. *Call Pam at 603-422-8208 ext. 125.*

New Resource for Seacoast Parents

Check out the brand-new [Seacoast Parents Connect](#) web site for stories on parenting kids of different ages, blogs and forums, sanity savers, helpful links for parents, an event calendar, occasional articles by Families First staff, and more. The site is produced by Seacoast Media Group.



... And 2 More Quick Notes

Winter Outerwear Drive: Through November 15, we will be collecting *new and gently-used* winter outerwear for our clients. Please drop off donations at Families First ([directions](#)). Thank you!

Flu Vaccine is Here: Families First Health Center patients, please call 422-8208 ext. 1 to schedule a time to come in for your flu shot. Adult vaccine is here now; children's is expected by the end of October. (Call the same number if you would like to establish Families First as your primary care provider. *The Health Center is open to everyone.*)

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