

Families First

support for families...health care for all

All individuals and families are warmly invited to use the many services offered under one roof at Families First Health & Support Center.

High-Quality, Affordable Health Care

Primary care for children and adults, including preventive exams, acute-illness care and round-the-clock coverage. Also: behavioral health, nutrition and substance abuse counseling; child-development screenings; disease-management support; and social work services.

Prenatal care, with providers from Harbour Women's Health. Also: In-home support offered through the baby's first year.

Dental care, open to *all* children and teens. Also open to primary-care patients at Families First Health Center (both adults and children).

Mobile Health Care for the Homeless
Call 1-888-922-0005.



Families First accepts NH Healthy Kids, MaineCare, NH Medicaid, Medicare and private insurance. For uninsured or underinsured patients, we offer a sliding fee scale. Free child care is offered during medical/dental appointments (advance signup needed).



Parenting and Family Programs

Parenting classes and parent groups, covering topics like positive discipline, keeping your cool, parenting after separation, sibling rivalry, parenting the challenging child, and more.

Family programs, including playgroups for infants, toddlers and preschoolers with parents, plus programs for the whole family together.

One-on-one family support, including:

- *Partners in Health*, for families with a chronically ill child
- *Home visiting* for families under stress
- *Assistance obtaining benefits and services*
- *Child & family therapy*, provided on-site by Seacoast Mental Health Center

Many programs are free. All include free child care.

**Located at the Community Campus
in Portsmouth
603.422.8208**

www.FamiliesFirstSeacoast.org

Please take a card for yourself or a friend.