

In Epping ... In Epping ... In Epping ... In Epping ... In Epping... In Epping

# Family Morning Out

*For children ages birth to six, with parents or other caregivers*

- **First half:** Parents and kids join together for play, circle time, creative activities, stories, and snacks
- **Second half:** Children have fun with our child care staff, while parents relax and talk about life with kids

**Facilitator: Jodi Foster**



**Thursday mornings  
9:30 - 11:00 a.m.**

**Epping Recreation Center  
17 Academy Street**

**Free!**

**Registration required:  
603.422.8208 (press 2)**



## Families First

*support for families...health care for all*

**[www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org)**

**603.422.8208**

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.



**In collaboration with:**

**Epping Recreation Center**