

Families First



support for families...health care for all

Parenting & Family Programs ♦ February 2010

All parents and children are welcome at these programs. Unless otherwise noted, programs are free and include free child care if you sign up in advance. All except those marked with an * require advance signup. Families First Health & Support Center also offers medical and dental care and individualized family support.

At the Community Campus, Portsmouth

— Parenting Classes —

Tuesday Evening Classes, 6–7:30 PM

2/2 & 2/9: Setting Children Up for Success
2/16 & 2/23: Getting Kids to be Healthy Eaters

Parenting the Challenging Child

2nd Wednesday each month, 6–7:30 PM
2/10: Handling Your Child's Anger

CoParenting After Divorce or Separation

Thursdays, Feb. 4-25, 6–7:30 PM

Thursday Morning Classes, 9:30–11 AM

2/11 & 2/25: Helping Siblings Get Along

Grandparenting

1st & 3rd Wednesdays each month, 9:30–11 AM
2/3 & 2/17: Enhance Your Relationship with Your Adult Child. Facilitator: Irene Tomkinson, MSW

— Parenting Groups —

Mother-to-Mother Postpartum Group

Tuesdays, 10–11:30 AM. Call: (207) 363-1379 x2.

Parent Recharge

1st & 3rd Thursday each month, 9:30–11 AM

— Family Programs —

Make It & Take It* (crafts), Tuesdays, 12 NOON

Toddler Playtime* (1–2½ with parents)

Mondays; 9:30–11 AM. \$5 fee; *can be waived if needed*

Family Fun Night (for families under stress)

Mondays, except 2/22; 5:30–7:30 PM

Babytime* (prenatal to 1 year, with parents)

Tuesdays; 10–11:30 AM

Preschool Playtime* (ages 2½ to 5, with parents)

Fridays, 9:30–11 AM. \$5 fee; *can be waived if needed*

Other Locations

— Parenting Classes —

Wednesday Evening Discipline Series (RAYMOND)

6:00–7:30 PM, Raymond Baptist Church, Community Building, 895-4735 x125

2/3: Helpful vs. Hurtful Discipline

2/10: Consequences that Teach

2/17: Create Your Own Discipline Plan

Thursday Evening Discipline Series (SEABROOK)

6:00–7:30 PM, Seacoast Youth Services, 474-3332

2/4: Helpful vs. Hurtful Discipline

2/11: Consequences that Teach

2/18: Create Your Own Discipline Plan

Living with Teens and Pre-Teens (EXETER)

Third Wednesday Each Month, 6:30–8:00 PM

New Outlook Teen Center, 778-3933. *No child care.*

2/17: Online Harassment and Cyber-bullying

— Parenting Group —

Parent Recharge (SEABROOK)

Tuesdays, weekly (except 2/23), 9:30–11:00 AM
Seabrook Community Center, 311 Lafayette Rd.

— Family Programs —

Family Morning Out (EPPING)

Thursdays (except 2/25), 9:30–11 AM, Epping Recreation Center. Ages birth to 6, with parents.

Family Morning Out (HAMPTON)

Wednesdays, 9:30–11 AM, Hobbs House at Trinity Church. Ages birth to 6, with parents.

* Program doesn't require advance signup. (All others do.)

Please visit our website for details on these programs ("Upcoming Programs" page), info on other Families First services, and to sign up to receive this calendar by e-mail.