

Grandparenting



- Learn how to keep connected whether near or far.
- Get new ideas on how to navigate the three-generation relationship, on parenting, and on kids “these days.”
- New topics will be introduced on a monthly basis.

For grandparents, step grandparents, great grandparents, and grandparents-to-be.



Date: 1st and 3rd Wednesday of each month
Time: 9:30-11:00 am
Place: Community Campus, Portsmouth
Cost: Free!
Child care: Free for ages 12 and under with advance signup
More info: www.FamiliesFirstSeacoast.org
Advance signup required! Call 422-8208 (press 2)

Enhance the grandparenting experience for yourself, your children and grandchildren!

Families First is a nonprofit agency providing a broad range of health care and family support services. Parenting classes, family programs, children's programs and support groups at Families First are made possible by: State of New Hampshire, Foundation for Seacoast Health, United Way of the Greater Seacoast, Rockingham County Incentive Funds, Portsmouth Regional Hospital, NH Children's Trust Fund, Wheelabrator Technologies, Citizens Bank Foundation, Portsmouth Community Development Block Grants, Fuller Foundation, American Culinary Federation and Target.