

# 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.**

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## Families First

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

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

**Advance signup required!** Call 422-8208 (press 2)

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

Families First Health & Support Center is a nonprofit community health center providing health care and family services. Support for parenting and family programs in Portsmouth comes from The NH Department of Health and Human Services, the Foundation for Seacoast Health, Portsmouth Regional Hospital, NH Children's Trust Fund, United Way of the Greater Seacoast, Fuller Foundation, Portsmouth Community Development Block Grants, and the Towns of Rye, Greenland and Stratham.