

Having trouble viewing this email? [Click here](#)

You are receiving this email because of your relationship with Families First Health and Support Center. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



Families First

support for families...health care for all

July 2011

Families First Programs/News

Issue 7
7-11

In This Issue

Kind Words Needed!

Program of the Month

Specialty Care

Kids Activity of the Month

Parenting Tip of the Month

Easy Ways to Help

Quick Links

Find us on Facebook

Forward to a Friend

[Families First website](#)

[Jobs at Families First](#)

[Donate/Help](#)

Follow us on

July Parent & Family Programs

In Portsmouth ([click for details](#))

Parent Support & Solutions Discussion Group ... Keeping Your Cool ... Paving the Way for Transitions ... How to Talk So Kids Will Listen ... Postpartum Group ... Parent Recharge ... Family Fun Night ... and Parent/Child Playgroups for infants, toddlers, two-year-olds and preschoolers.

In Epping ([click for details](#))

Summer Morning Out

... or click one of the icons below for the same info in printable PDF or Google calendar format.



Also, click these links for info on [primary care](#), [prenatal care](#) and [dental care](#) at Families First. They are affordable and open to all!

Kind-Words Drive

A Special Request for Families First Clients

If you feel you've benefited from Families First's programs, then you have what it takes to help Families First in a way that no one else can! By sharing a few words about your experience at Families First, you can help us raise the community awareness and support needed for us to keep providing our services.





Your comments may be shared with the public (always anonymously!), and also with Families First staff to let them know they are appreciated.

Please [click here to share your thoughts](#), and forward the link to any friends who come to Families First. To thank you for your help, you can enter a drawing to win a 2012 Artists of the Seacoast calendar and notecards.

Program of the Month: Parenting Classes and Groups

If you've never been to a parenting class or parent group, coming to one for the first time might seem intimidating. To make it easier, we'll explain what you'll find when you get here.

You'll find **all kinds of parents and caregivers** - younger and older, living in every kind of situation, with many different views on parenting. They are single, they are married, they are blended families, they are grandparents.

They've **come here for all sorts of reasons**: Perhaps to solve one problem - like tantrums, sleeping through the night, or teen attitude - or perhaps seeking a whole new approach to parenting. Maybe they are looking to get to know other parents, or they need 90 minutes of adult sanity while their kids are involved in a wonderful program right next door.

During the programs, the facilitator presents **ideas to discuss, activities, demonstrations, and parenting strategies to try**. There is a lot of laughing and connecting through common issues. At Families First, we believe parenting goes best when you have **a community of supportive people** to give and take with.

So, come and try one, two or a dozen of our parenting and family groups. You'll find that everyone is welcoming and accepting and can relate to your job of raising kids.

[Info on upcoming parenting and family groups](#)



When Our Patients Need Specialty Care

Families First provides affordable, high-quality primary care regardless of ability to pay, but what happens when an uninsured or underinsured patient needs to see a specialist? Getting specialty care can be a challenge for people without insurance, but thanks to the generosity of many specialists in our community who have donated or discounted their services, our patients have options. For example:

- We often refer patients to [SeaCare Health Services](#), which has a network of volunteer health care providers who see patients in their own offices.
- Two physicians donate their time once a month to see patients at Families First and



Drs. Al Lantinen and Mark Chag have been our partners in prenatal care since 1984.

consult with our staff: [Dr. Barbara Deuell](#) of Allergy Associates of New Hampshire and [Dr. Joan Sisto](#) of Northeast Dermatology Associates.

- Other health care providers donate at certain times of year. On three Saturdays in March, the [Gastroenterology Professional Association](#) practice at Portsmouth Regional Hospital provided colonoscopies at no charge to uninsured Families First patients. (They found at least one patient with cancer that could have been life-threatening if not caught in time!) And in January, for the second time, several optometrists led by [Dr. Amy Pruszenski](#) of Harbor Eyecare Center volunteered to provide an eye-exam clinic for our diabetic patients.
- Last but certainly not least, [Harbour Women's Health](#) has been providing OB/GYN care on-site at Families First since 1984 and recently won a well-deserved [statewide award](#) recognizing their dedication.

We thank all of these health care professionals for partnering with us to provide complete care for our patients.



CHILDREN'S ACTIVITY OF THE MONTH: Family Placemats

Make a placemat by gluing pictures of family and friends on a piece of clear construction paper. Cover the paper with contact paper, and enjoy telling stories while sharing a family meal.

PARENTING TIP OF THE MONTH: Express Unconditional Love

No matter what else is going on, make sure to give your child a hug, kiss, or a smile at least once a day - for any reason, or for no reason at all. Provide unconditional love, and express it.

You'll find lots more ideas in [50 Ways Family Members Can Say I Love You](#).



Fun, Easy Ways to Help Families First

- [Have dinner](#) at Flatbread Company in Portsmouth on June 28. **(TONIGHT!)**
- [Shop at the Fabulous Find](#) thrift shop in Kittery throughout July, or donate goods for the store to sell.
- [Like us on Facebook](#), and click "Like" when we post - a great way to spread the word to your friends about Families First.
- [Join Op4G](#) and select Families First to receive a donation when you respond to market-research surveys. (You'll be paid too!)

[Forward email to a friend](#)



Try it FREE today.

This email was sent to mwachtel@familiesfirstseacoast.org by mwachtel@familiesfirstseacoast.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Families First Health & Support Center | 100 Campus Drive, Suite 12 | Portsmouth | NH | 03801