



# June Programs & News

June 2008

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## June Program Information

Please click the links below for program information in your choice of formats:

 [clickable calendar](#)

 [PDF \(for printing & posting\)](#)

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### Preview of June programs:

#### **Portsmouth:**

Setting Kids Up for Successful Behavior; Making Summer Fun, Smooth and Safe; Internet Safety; Grandparenting; Living With Teens; Solo Parenting; Parent Recharge; Babytime; Toddler Playtime; Preschool Playtime; Family Fun Night; Parents' Evening Out; Dads of Kids with Chronic Illnesses

**Lower Seacoast:** 1-2-3 Magic; Making Summer Fun, Smooth and Safe; Parent Recharge

**Western Rock. County:** Family Morning Out

## Program of the Month: Care Coordination

Do you know about all the benefits and services you could be getting, both at Families First and in the community? Families First has trained care coordinators who can help you see if you are eligible for many programs and supports and get what you need to meet your goals for yourself and your family. Care Coordinators can help you stretch your dollars by connecting you with services such as free or low-cost health insurance, income tax assistance, prescription help, medical fee assistance, fuel assistance, affordable housing, transportation, child care scholarships, budgeting and more! Call our Care Coordinators today at 603-422-8208 ext. 125, or see our [brochure](#) for info on benefits and services you could be receiving. (Brochure prints on legal-size paper.)



**Do you know  
about all the  
benefits and  
services you  
could be  
getting?**



Call one of our  
Care Coordinators TODAY  
to find out more!!

**603-422-8208 ext. 125**

## Baby Blues

*by Children's Services Coordinator Parkie Boley*

As the facilitator of Babytime, a weekly play, support and educational group held at Families First for babies up to one year and their parents, one of my roles is to discern when a mother's adjustment after birth is more than just routine "baby blues." It is normal for mothers to experience emotional mood changes after birth. However, some women have a deep sadness that doesn't seem to go away and that begins to disrupt daily functioning.... [Click for the full article](#)



## Part-Time Job Working With Kids

Families First is looking for child care staff to work this summer in Western Rockingham County, where we are running programs to help ease the transition to school for kindergarteners and their parents. Send your resume by [email](#) or pick up an application at the Community Campus in Portsmouth. [More info](#)

## Walk This Way!

Celebrate WalkNH Week, June 1-7, by going for a healthy walk with staff and clients from Families First and the other programs at the Community Campus. Meet in front of the Campus at 12:15 or 5:15 on Monday, June 2 (rain date, June 3). Be prepared to walk one to three miles on a woody trail (wear bug spray). [More walks](#)



## Drive of the Month: "Fun in the Sun"

For the month of June, Families First will be collecting children's summer gear. We are in need of beach towels, lunch boxes, sunscreen, bug spray, new flip flops, hats and children's summer clothes of all sizes. Thank you for bringing these items to the donation drop box in the Families First lobby.

## Families First Clients: We Need Your Input

Families First values our clients' suggestions, questions, comments and experiences. The Consumer Advisory Committee meets monthly to discuss how Families First can better serve you and the other 5,000 consumers. We meet on the second Wednesday of each month from 6-7:30 p.m. at the Community Campus. Free child care is available if you sign up in advance. For more info, contact Keryn at 603-422-8208 ext. 145 or [by email](#), or [read this flyer](#).



## Seacoast Local Festival

On Saturday, June 7, Pleasant Street in downtown Portsmouth will be closed to cars from 1 to 4 p.m. for the third annual Seacoast Local Festival. Area nonprofit organizations like Families First will be showcased, and there will be lively original music, dance and comedy by Akimbo, Funky Divas, Portsmouth Ballroom Dancers, Stranger Than Fiction, and Tune Buggy. The [Seacoast Local Festival](#) was created to recognize and increase the impact non-profit organizations have on community life.

## Resource of the Month: CATCH



CATCH (Comprehensive Assessment and Treatment for Children), at Portsmouth Regional Hospital, serves children ages birth to 16 who have a variety of needs, including developmental disabilities and delays, neurological impairments, autism, genetic disorders and other diagnoses. [More info](#)

## Thank you

Thank you to all of you who have helped make Families First a vibrant community with your participation in groups; donations of clothing, housewares and money; assistance in the Family Exchange, making coffee and stuffing envelopes; and inviting your friends and family to get connected to our health, dental and family services. [How to help](#)

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