



## June 2009

[Google calendar](#)

[Program descriptions](#)

[PDF calendar](#)

Programs & News: 6-09

### In This Issue

[Client Stories Video](#)

[Program of the Month](#)

[Visit Us at Festivals](#)

[Family Fun Night](#)

[Resource of the Month](#)

### Quick Links

[Our website](#)

[Volunteer info](#)

[Job postings](#)

[Donate now!](#)

### June Programs, at a Glance

#### Portsmouth:

*This month only:* Get Ready for Summer Series (summer safety and supervision; giving your kids a summer to remember; easy routines and cooperation to make your life with kids flow; and TV, Internet and video games: making good choices and monitoring use), Teeth: Tools to last a lifetime, Creating healthy respect in families ... *Ongoing:* Parent Recharge; Grandparenting; parent-child playgroups for babies, toddlers and preschoolers; Family Fun Night

**Lower Seacoast:** Parent Recharge, Family Morning Out

**Western Rockingham County:** Family Morning Out, Family Playtime

#### Exeter:

The Teen Years are Coming: Prepare for Success!

*For more about these programs, click below for information in your choice of three formats:*



[Program descriptions and links to flyers](#)

### Our Clients Tell Their Stories

*"When I realized I was pregnant and wanted to have the baby, I didn't have insurance so wasn't sure what my options would be." ...*

*"We were struggling with disciplining and just getting control of the kids. We weren't sure what to do." ...*

*"I flew here on a plane from Texas with my daughter and her clothes - a single parent, divorced." ...*

*"I have so many health problems, and I always worry every time I go into a doctor's office." ...*



*"I received a phone call back from this registered nurse that had seen me in the morning, and she told me that I am probably suspect of having ovarian cancer." ...*

These are the beginnings of the stories of five Families First clients. To find out how Families First made a difference in their lives, [click here](#) - and, please, share this link with friends.

## PROGRAM OF THE MONTH: Child Care

Families First is happy to be able to provide a high-quality children's program so that parents can take advantage of all Families First has to offer. Child care is offered, at no charge, for children ages birth through 12 *while a parent or guardian is on-site at Families First* attending a parenting program or a medical or dental appointment.

Child care staff and volunteers work together to create a consistent, safe, enriching experience for all children and the adults who care for them. Not only does this program make it easier for parents to attend, but it complements our parenting classes by using the same type of positive guidance and role-modeling of appropriate behavior that parents are learning next door.



Advance signup is required to guarantee your child's space in child care; call 603-422-8208 and press "2". (If you are signed up for childcare and decide not to bring your child to the program, please let us know at least 24 hours in advance; otherwise, your ability to make reservations in the future will be limited.)

### Helpful tips

- Please bring an extra change of clothes for your child in case of spills or an accident.
- Remember to apply sunscreen and/or insect repellent prior to group in the summer months.
- Call if you are running more than 15 minutes late, or we will assume you are not coming and may give your space away.
- If you need child care during a medical or dental appointment, ask the medical receptionist for an appointment on a Tuesday, Wednesday or Thursday morning, then call the Family Center to reserve your child's spot in child care.

## Come See Us at the Festivals!

Families First will have a booth at both the Seacoast Local Festival and Market Square Day this month. Bring the kids by the Families First booth to make a wind stick. The [Seacoast Local Festival](#) is June 6 from 1-4 p.m. on the Bridge Street Parking Lot, at



the intersection of Congress and Islington streets [Market Square Day](#) is June 13 from 9a.m. to 4 p.m.; we'll be part of the "Children's Block Party" on Daniel Street.

## Family Fun Night

Families who are experiencing serious stresses such as homelessness are invited to come have a good time together at [Family Fun Night](#), offered by Families First every Monday evening from 5:30 -7:30. Each session of Family Fun Night begins with a family dinner, followed by separate activities for parents and children, and ends with a family activity. This program allows families to relax and have fun together during a stressful time of their lives. Children get to run around and "be kids"; families have time to relax and play together, which builds family unity, identity and pride. Some of the Family Fun Night activities for June include cookie decorating, nature collages, movie night and relay races with water balloons. For more information or to register for this program (required), call Pam Mattingly at 422-8208 ext. 117.



## Resource of the Month: Free Help for Nonprofits

Provide work for people who need it through Rockingham Community Action's Workplace Success program! Need help with a mailing, filing, data entry, folding? Help with a fundraiser or community event? Workplace Success's Service Bureau Volunteers are ready to assist local non-profits on-site or in their office in Portsmouth with projects that benefit the community today. For more information, call 603-766-0166 to talk with Tracy Heine or Lee Mulcahey.

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