

Families First



support for families...health care for all

Parenting & Family Programs ♦ March 2010

All parents and children are welcome at these programs. Unless otherwise noted, programs are free and include free child care if you sign up in advance. **All except those marked with an * require advance signup.** Families First Health & Support Center also offers medical and dental care and individualized family support.

At the Community Campus, Portsmouth

— Parenting Classes —

Tuesday Evening Classes

3/2, **6-7:30 PM:** Protect Your Child from Sexual Abuse
3/9 - 3/30, **5:45-7:45 PM:** Family Factor - A Program For Your Whole Family

Grandparenting

1st & 3rd Wednesdays each month, 9:30-11 AM
Enhance Your Relationship with Your Adult Child.

Wednesday Evening Classes, 6-7:30 PM

3/10: Helping Kids Deal with Worries and Fears
3/10 - 3/31: Single Parents-Create Your Future

Thursday Morning Classes, 9:30-11 AM

3/11: Protecting Your Children from the Right Things
3/25: Outdoor Play: The Why's and How's

Thursday Evening Classes, 6-7:30 PM

3/4 - 3/25: Parenting Basics

— Parenting Groups —

Mother-to-Mother Postpartum Group

Tuesdays, 10-11:30 AM. Call: (207) 363-1379 x2.

Parent Recharge

1st & 3rd Thursday each month, 9:30-11 AM

— Family Programs —

Make It & Take It* (crafts), Tuesdays, 12 NOON

Toddler Playtime* (1-2½ with parents)

Mondays, 9:30-11 AM. \$5 fee; can be waived if needed

Family Fun Night (for families under stress)

Mondays, 5:30-7:30 PM

Babytime* (prenatal to 1 year, with parents)

Tuesdays, 10-11:30 AM

Preschool Playtime* (ages 2½ to 5, with parents)

Fridays, 9:30-11 AM. \$5 fee; can be waived if needed

Other Locations

— Parenting Classes —

Wednesday Evening Discipline Series (RAYMOND)

6-7:30 PM, Raymond Baptist Church, Community Building, 895-4735 x125
3/3: Between Households - Making it Work
3/10 - 3/24: 1-2-3 Magic
3/31- 4/14: Solve it!

Wednesday Evening (EPPING)

6-7:30 PM, Epping Elementary, 926-2000 x123
3/10 - 3/17: Teen Years Are Coming: Get Prepared!

Living with Teens and Pre-Teens (EXETER)

3rd Wednesday each month, 6:30-8 PM
New Outlook Teen Center, 778-3933. *No child care.*
3/17: Risk Taking: How to Keep it Safe and Useful

Thursday Evening Discipline Series (SEABROOK)

6-7:30 PM, Seacoast Youth Services, 474-3332
2/25 - 3/4: Winning at Parenting
3/11 - 3/25: 1-2-3 Magic

Thursday Evening (HAMPTON)

6-7:30 PM, Marston School, 926-2000 x123
3/25 - 4/1: Teen Years Are Coming: Get Prepared!

— Parenting Group —

Parent Recharge (SEABROOK)

Tuesdays, weekly, 9:30-11 AM
Seabrook Community Center, 311 Lafayette Rd.

— Family Programs —

Family Morning Out (EPPING)

Thursdays, 9:30-11 AM, Epping Recreation Center, Watson Academy. Ages birth to 6, with parents.

Family Morning Out (HAMPTON)

Wednesdays, 9:30-11 AM, Hobbs House at Trinity Church. Ages birth to 6, with parents.

For more info visit: www.FamiliesFirstSeacoast.org

To register for these classes call: 603-422-8208 (press 2) ♦ info@FamiliesFirstSeacoast.org