

Families First

support for families...health care for all

March 2010

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March Programs, at a Glance

Remember: In addition to the parenting and family programs listed below, Families First has a Health Center that is open to everyone, offering affordable [primary care](#), [prenatal care](#) and [dental care](#).

Portsmouth

Protect Your Child From Sexual Abuse ... Family Factor: A Program for Your Whole Family ... Grandparents: Enhance Your Relationship with Your Adult Child ... Helping Kids Deal with Worries and Fears ... Single Parents: Create Your Future ... What Do You Really Need to Protect Your Children From? ... Outdoor Play ... Parenting Basics ... Postpartum Group ... Parent Recharge ... Make It and Take It ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

Lower Seacoast

The Teen Years are Coming ... Parent Recharge ... Family Morning Out ... Winning at Parenting ... 1-2-3 Magic ... Living with Teens and Preteens

Western Rockingham County

Family Morning Out ... Between Households: Making It Work ... 1-2-3 Magic ... Solve It!

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



[Text descriptions/flyers](#)



PROGRAM OF THE MONTH: Cancer Screenings

Families First is proud to be a site for "Let No Woman Be Overlooked," a national program that provides free breast and cervical cancer screenings to women who are uninsured or underinsured and meet income guidelines. To prevent avoidable deaths from breast cancer and cervical cancer, doctors recommend that all women have Pap smears and clinical breast exams annually, and that women over 40 also have a mammogram every 1-2 years. If you are a Families First Health Center patient and are not up-to-date on these screenings, please call Jane Cummings, RN, at 622-8208 ext. 222.

Right now, this service is available only to Families First patients, but we hope to be able to offer it to eligible non-patients again in the future; check newspapers for announcements. For information on becoming a Health Center patient, call 422-8208 (press 1).

Single Parents: Create Your Future

Join Irene Tomkinson, MSW, and Families First staff for



a series of discussions and exercises designed to help single parents determine what they would like their future to be, and to identify and make use of the power that they have to make it happen. Parents will leave this program with a road map and the confidence to create their future. The program meets Wednesdays, March 10-31, from 6-7:30 p.m.; it is free and includes free child care with advance registration. Ms. Tomkinson is the author of *Not Like My Mother: Becoming A Sane Parent After Growing Up in a Crazy Family*. Click here for [more information](#) (scroll down to "Single Parents.")



KIDS' ACTIVITY OF THE MONTH Create a mobile to hang outside and attract birds. Use a wire coat hanger and recycled strips of brightly colored fabric, strings, and yarn. Drape the pieces of material along the bottom of the hanger, and tie loosely for easy removal by our feathered friends. Hang from a tree by a window so you and your children can bird watch.

Your online vote still needed

We've asked you before in this newsletter, but we *really* need to collect as many online votes as possible before March 12 if we are going to win \$20,000 from Tom's of Maine. So we're asking once more. Maybe you already voted but didn't know you could vote every day. Or maybe you haven't voted at all yet. Either way, we make it easy for you to help by sending an email once a day with a link to the voting site. [Please click here](#) to receive a daily email now through March 12. If we win, we'll use the grant to expand dental care for homeless people.



You can help even more by spreading the word. Here is a sample Facebook posting or Twitter tweet: *Families First is one of 16 finalists, nationwide, competing for five \$20K grants from Tom's of Maine. Visit <http://bit.ly/51e3TV> to vote and learn more.*



Dental Clinic for Homeless People

Families First's [Health Care for the Homeless program](#) will offer a free dental clinic at Cross Roads House shelter in Portsmouth on March 1 from 9 to 11 a.m. The clinic is open to anyone who lacks permanent housing, whether living in a shelter, unsheltered, in transitional housing, doubling up or couch-surfing. It is first-come, first-served. For more

information, call 422-8208 ext. 111 or ext. 129.

RESOURCES OF THE MONTH

The Census is Here

Census forms will be arriving in your mailbox in mid-March. Filling out your form is a quick, easy, 100% confidential, and important way to help secure a fair share of federal funding and representation for your community. So, please fill it out and send it back!

Cooking Basics

Nutrition Connections, a program of UNH Cooperative Extension, offers free, in-

home cooking classes for eligible families, tailored to your family's needs. [More information](#)

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