

Families First

support for families...health care for all



Parenting & Family Programs ♦ March 2012

All parents, grandparents, guardians and children are welcome at these programs, which are free unless otherwise noted. Families First Health & Support Center also offers medical and dental care and one-to-one family support. **More info, including program descriptions, is available at FamiliesFirstSeacoast.org or (603) 422-8208 x2. See "Notes" box, below, for important info on Registration, Child Care & Fees.**

Community Campus, Portsmouth

— Parenting Classes and Groups —

Parenting That Makes a Difference Tues, 6-7:30 PM
2/28-3/6 Understanding & Redirecting Misbehavior
3/13-20 Winning Cooperation
3/27-4/3 Responsibility & Discipline
4/10-17 Building Courage, Character & Self-Esteem

Parent Recharge 1st, 3rd & 5th Thursdays, 9:30-11 AM
Relax, unwind and recharge your parenting battery while we take care of your kids!

Thursday Morning Parenting 2nd & 4th, 9:30-11 AM
3/8: Consequences That Teach Responsibility
3/22: Families First hygienist Cindy Bishop

Mother-to-Mother Connections (Postpartum Group)
Please call 422-8208 x123 for details.

— Family Programs —

Toddler Playtime (ages 1-2, with parents)
Mondays, 9:30-11 AM. \$5*. *Drop-ins OK.*

Family Fun Night (for families under stress)
Mondays, 5:30-7:30 PM. Call 422-8208 x123.

Babytime (prenatal to 1 year, with parents)
Tuesdays, 10-11:30 AM. *Drop-ins OK.*

Terrific Twos Playtime (ages 2 to 3, with parents)
Wednesdays, 9:30-11 AM. \$5 fee*. *Drop-ins OK.*

Preschool Playtime (ages 3 to 5, with parents)
Fridays, 9:30-11 AM. \$5 fee*. *Drop-ins OK.*

Please visit our website for more on these programs ("Parent/Family Programs"); for info on medical and dental care at Families First; and to sign up to get this calendar by e-mail each month.

Western Rockingham County

Who's in Charge in Your Home?

Wednesdays, March 14-28, 6:30-8, Epping Elementary
The ABCs of Being in Charge; Using 1,2,3 Magic; and How to Talk so Kids will Cooperate.
603-679.8018 x448.

Family Morning Out (0-6, with parents)
Thursdays (*except 3/1*), 9:30-11 AM, Epping Rec. Center

Are you interested in any of these topics?

- ♦ Parenting Teens
- ♦ Blended Families
- ♦ Keeping Your Cool
- ♦ Parenting After Divorce/Separation

Call Joanna to get on the list: 422-8208 x123

Notes

Advance Registration: Advance signup is needed for all programs (unless "Drop-Ins OK" is noted). Advance signup is ALWAYS needed for child care. Call 603-422-8208 (press 2).

Child Care: Free child care is offered (with advance signup) for children ages birth through 12 while a parent or guardian attends a program. Evening programs at the Community Campus include dinner for kids! Call 603-422-8208 (press 2).

***Fees:** If no fee is listed, the program is free. Families First Health Center patients and Home Visited clients *never* have to pay fees! Fees for classes (but not for family programs) must be paid in advance. Fee for second household member is half-price. Payment plans available; call 422-8208 x123.