



Programs & News

March 2008

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Dear Friends,

Our [March programs](#) include classes in bullying, toileting, helping siblings get along, solo parenting for the newly single, and much more! And they're offered in Portsmouth, Hampton, Seabrook and Raymond. Please check them out!

Now that we have been sending this e-newsletter for several months, I want to check in with you. What do you find most and least useful about the newsletter? Is there is a better way for us to get you information about each month's parenting and family programs? Please [e-mail me](#) with your thoughts.

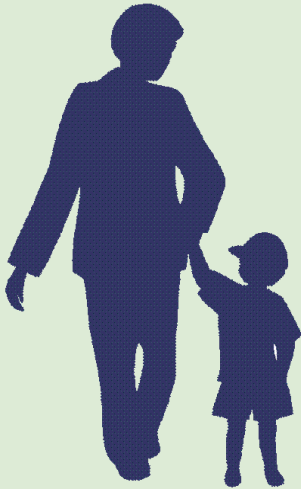
Keryn Kriegl, Program Director

Quick Links

[March program calendar](#)

[March program descriptions and flyers](#)

[Families First home page, volunteer info and job postings](#)



Program of the Month

Solo Parenting for the Newly Single

Beginning March 6, Families First will offer a new weekly class for newly single parents. The class is designed for parents who have become single within the past two years, whether through the loss of a loved one or the end of a relationship. (Temporarily single parents such as those with spouses serving overseas are welcome too.) Solo Parenting will meet year-round on Thursday evenings, 6 to 7:30, at the Community Campus in Portsmouth. Parents will develop a support network, learn practical solutions to common single-parenting challenges, develop coping skills and much more. The class will combine presentations by facilitator Pam Mattingly with group discussion, because the best experts on solo parenting are those who experience it, educate themselves, and share what they learn. Meanwhile, next door in our Children's Room, your kids will have contact with peers who are in similar life situations under the guidance of our qualified, nurturing child care staff and will be served a nutritious dinner. For more information, send an e-mail to Pam or call her at 422-8208 x117. [Solo Parenting flyer](#)

Coming Soon to a Town Near You

We've greatly expanded the geographic reach of our parenting and family programs -- to Deerfield, Fremont, Epping, Raymond, Kingston, Seabrook, Hampton, North Hampton, Hampton Falls and more. If you'd like us to bring a parenting or family program to your town, contact Community Programs Coordinator Susie Bright at 422-8208 x314 or by e-mail.



How to Create More Hours in the Day

Do you ever feel that the only thing standing between you and being "on top of things" is the small number of hours in the day? While you can't make the Earth take more than 24 hours to spin on its axis, you *can* create more time in your day. [More...](#)

Attention: Parents of 3rd to 8th graders!

Now you can look forward to the teen years instead of dreading them! Families who have successful, happy teen years prepare for them well in advance. Families First regularly offers a class called "The Teen Years are Coming: Get Prepared." The next series will be held at the Marston School in Hampton on Tuesdays, March 18 through April 1, from 6-7:30 p.m. ([details here](#)) -- or call Families First to find out about future sessions.



Resources of the Month

If you are **parenting a child or teen with a serious emotional disorder**, the National Alliance on Mental Illness NH is providing a free 8-week educational program for you. [Learn more](#)

Want to **stop smoking**? A new [Nicotine Anonymous](#) group meets at the Community Campus every Monday at 9 a.m. Nicotine Anonymous, a nonprofit 12-step program, welcomes anyone seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids.

Drive of the Month: Professional Clothing

In March, Families First will be collecting men's and women's professional work clothes. Please place new and gently used items in the drop box in the Families First lobby.

If You Live in Hampton...

Families First asks you to support our request for funding from the Town of Hampton. Please vote YES on Article 55 on the Town Warrant on March 11. (If possible, also send a short letter to the editors of the [Hampton Union](#) and the [Atlantic News](#) asking others to do the same.) Families First has been providing health care and family services to Hampton residents for over 20 years, yet has never received town funding. We serve 450 Hampton residents per year, more than from any town outside Portsmouth. Voting is March 11 from 7 a.m. to 8 p.m. at Marston Elementary School. Please forward this request to your friends in Hampton! For more information, contact [Margie Wachtel](#).



Call for Artwork

Families First will collect artwork for the *Artists of the Seacoast* Exhibit and 2009 calendar on March 28 and 29. [details here](#). (At right, "Moon Flowers" by Judith Custer)



Parenting Together While Living Apart

If you are divorced or separated and have children, Families First offers a very useful program on how to navigate the interaction between homes in a way that is best for both you and your children. Our **Co-Parenting class** will be held in Raymond in March, and in Portsmouth in April ([details here](#)). Our professional facilitators are highly experienced with custody and co-parenting issues.

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