

# Parent Recharge

*Build a little 'grown-up time'  
into your day*

- Take some time for yourself
- Relax with other parents
- Recharge your parenting battery ...
- ... While we take care of your kids
- Refreshments included

*Facilitator: Bob Pavlik, M.Ed.*



**1st & 3rd Thurs. each month**  
(and 5th Thurs. if there is one)

**9:30-11:00 a.m.**

**FREE!**

**At the Community Campus  
in Portsmouth**

**Child care free with  
advance sign up**

**Call 603-422-8208 ext. 2**



## Families First

*support for families...health care for all*

[www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org)

**603.422.8208**



Families First Health & Support Center is a nonprofit community health center providing health care and family services. Support for parenting and family programs comes from NH Department of Health and Human Services, Foundation for Seacoast Health, United Way of the Greater Seacoast, Fuller Foundation, International Women's Club of New England, and the Towns of Hampton, Seabrook, Portsmouth, Greenland, Rye, Stratham, Exeter, North Hampton, New Castle and Hampton Falls.



**Take the  
"stay at home"  
out of stay-at-  
home parenting**