

in Seabrook

Parent Recharge

Build a little GROWNUP TIME into your week



*Take some time
for yourself ...*

*Relax, swap ideas and
enjoy activities with
other parents ...*

*while we take
care of your kids!*

- Date:** Every Tuesday
Time: 9:30 to 11 a.m.
Place: Seabrook Community Center
311 Lafayette Ave. (near Wal-Mart)
Cost: Seabrook residents free
Child care: Free for ages 12 and under;
advance signup required
More info: www.FamiliesFirstSeacoast.org
Advance signup required! Call 422-8208 x2

Presented by:

Families First

support for families...health care for all

In collaboration with:

**Seabrook
Community Center**

Presented by Families First Health & Support Center in partnership with the Lower Seacoast Youth and Family Coalition. Support for parenting and family programs in the Lower Seacoast comes from the NH Department of Health and Human Services, Foundation for Seacoast Health, Exeter Hospital, United Way of the Greater Seacoast, NH Children's Trust Fund, Fuller Foundation, the Provident Community Foundation, and the Towns of Exeter, Hampton, Seabrook, North Hampton and Hampton Falls.