

Families First

support for families...health care for all



Parenting & Family Programs ♦ September 2010

All parents, guardians, grandparents, and children are welcome at these programs. Unless otherwise noted, programs are free and include free child care if you sign up in advance. **All programs except those marked with an * require advance sign-up.** Families First Health & Support Center also offers medical and dental care and one-on-one family support. **Programs (except Grandparenting) will not meet 8/30 – 9/6.**

Community Campus, Portsmouth

— Parenting Classes and Groups —

Keeping Your Cool: Anger Help for Everyday Parenting, Wednesdays, 9/8-9/29, 6-7:30 PM, \$40 **

Grandparenting

Wednesdays, 9/1 & 9/15, 9:30-11 AM

Parenting the Challenging Child

2nd Wednesday of the month, 6-7:30 PM.

9/8: Your Child's IEP

“Keeping Your Cool” Monthly Strategy Night

9/15 and 3rd Wednesday each month, 6-7:30 PM

Thursday Classes 2nd & 4th Thursdays, 9:30-11 AM

9/9 & 9/23: Keeping it Straight! Family Recordkeeping

Parent Support & Solutions: Your Issues... Our Facilitator. Tuesdays, weekly 6-7:30 PM

Mother-to-Mother Postpartum Group

Tuesdays (not 8/31), 10-11:30 AM. Call 422-8208 x123.

Single Parenting

Sept. 8, then 1st Wednesday each month, 6-7:30 PM

9/8: Time-saving ideas for the busy single parent

Parent Recharge

1st & 3rd Thursdays each month (except 9/2), 9:30-11 AM

— Family Programs —

Toddler Playtime* (1-2½ with parents), 9:30-11 AM

Mondays (except 8/30 & 9/6) \$5 fee; can be waived.

Family Fun Night (for families under stress)

Mondays (except 8/30 & 9/6), 5:30-7:30 PM

Babytime* (prenatal to 1 year, with parents)

Tuesdays, (except 8/31) 10-11:30 AM

Preschool Playtime* (ages 2½ to 5, with parents)

Fridays, (except 9/3) 9:30-11 AM. \$5 fee; can be waived.

Other Locations

— Parenting Classes —

1-2-3 Magic (EPPING)

Thursdays, 9/30-10/14, 6-7:30 PM

Epping Elementary School, Prospect St.

— Parent Group —

Parent Recharge (SEABROOK) (NEW DAY AND TIME!)

Wednesdays, weekly, beginning 9/8, 10-11:30 AM

Seabrook Public Library, 25 Liberty Street

— Family Programs —

Family Fun at Community Table (SEABROOK)

1st & 4th Tuesdays, beginning 9/28, 5-6:30 PM

Trinity Church, 29 Main Street

Family Morning Out (0-6, with parents) (EPPING)

Thursdays, weekly, beginning 9/9, 9:30-11 AM.

Epping Recreation Center, Watson Academy

** A note on the fee for “Keeping Cool”

- ♦ This class is *free* for clients of Families First Health Center or Home Visiting Program.
- ♦ Fee must be paid to register; call 422-8208 ext. 123. Payment plans are available if needed.

www.FamiliesFirstSeacoast.org

- ♦ Click **Upcoming Programs** for descriptions of the groups listed on this page.
- ♦ Click **Health & Family Services** for info on medical and dental care at Families First.
- ♦ Click the **Read/Subscribe** button on home page to receive this calendar by e-mail each month.

To register for programs, call 603-422-8208 (press 2) ♦ info@FamiliesFirstSeacoast.org