

Health Topics

@ Thursday AM parenting

March 22: Cindy Bishop, RDH

Families First dental hygienist will cover adult and child dental health, the importance of both primary ("baby") and permanent teeth, and any questions or concerns that you may have about your own teeth or your children's teeth.

April 26: Charae D'Ambra, PNP-BC

Families First pediatric nurse practitioner will tackle your questions and concerns about childhood illnesses, whether your child is developing normally, or any other child-health topics.



Thursday AM Parenting
(2nd & 4th Thurs. each month)

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

603.422.8208

Families First Health & Support Center is a nonprofit community health center providing health and dental care and family services.



Support for parenting classes and family programs comes from NH Department of Health and Human Services, United Way of the Greater Seacoast,

Foundation for Seacoast Health, Fuller Foundation, Provident Community Foundation, and the Towns of Hampton, Seabrook, Rye, Greenland, Stratham, Exeter, North Hampton, New Castle and Hampton Falls.

