

# Mother-to-Mother Connections

- Offering support for women and their babies during their first year together.
- Come be with other new mothers who know what it's like, in a non-judgmental, caring space.
- Led by women trained in birth and post-partum care.

**Facilitator: Susan Remillard, PCD DONA, CLC**



**Tuesdays, 11:30-12:30**

**Community Campus,  
Portsmouth**

**Free!**

**Includes child care for siblings  
with advance registration**

**Registration required:**

**Online or Call  
207-439-3033**



## 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 *your* community health center, providing health and dental care and family services. Support



for parenting classes and family groups comes from the NH Department of Health and Human Services, United Way of the Greater Seacoast, the Foundation for Seacoast Health, Newburyport Five Cents Savings Charitable Foundation, Fuller Foundation, Walmart, the City of Portsmouth and the towns of Hampton, Seabrook, Rye, Greenland, Stratham, Exeter, North Hampton, New Castle and Hampton Falls.



**Includes child care  
for ages 12 & under**

Click this button

**Register for  
Family Programs**

on our website.