

Family Center programs will not be held November 22 or 23, or the week of December 24 through January 1.

- Unless otherwise noted, programs are held in Portsmouth at Families First, 100 Campus Drive (around the back).
- All parents, grandparents, caregivers and children are welcome.
- Most programs are free, but there is a suggested \$5 donation for playgroups. *No charge for health, dental & home visited clients.
- Child care is free. (Signup required.)
- Attendance Reports available (\$5).
- Programs are subject to change.

Family Fun Night Activities:

Mondays @ 5:30. Fun for the whole family.

- Nov. 5th: Family B-I-N-G-O
- Nov. 12th: No Group (Veteran's Day)
- Nov. 19th: Make an Apple Crisp
- Nov. 26th: Indoor Treasure Hunt
- Dec. 3rd: Recycled Materials
- Dec. 10th: Minute to Win It Games
- Dec. 17th: Winter Crafts & Cookies
- Dec. 24th: No Group
- Dec. 31st: No Group

To sign up for programs and child care



go to tinyurl.com/ffparenting.
Click on individual events or calendar icon for month view.

Or call (603) 422-8208 (press 2).

Parent Support Groups

Mother-to-Mother Connections

(postpartum support) **Tuesdays, 9-10 AM.**
With Susan Remillard, PCD (DONA), CLC.
Call 207-439-3033 for info.

Co-Parenting Support Group

Wednesdays Nov. 14, Dec. 12, 6-7:30 PM,
With Rebecca Lavoie of Olive Branch Mediation.

Parenting Your Teen

Thursdays, Nov. 8, 29 & Dec. 13, 6-7:30 PM
With Mandy Lancaster, MSW.

Grandparent Recharge Group

1st Monday each month, 9:30-11AM.
867 Lafayette Road, Seabrook

Family Programs

Toddler Playtime

Mondays, 9:30-11 AM. (Not 12/24, 12/31)
Ages 1-2 with parents Drop-ins OK. \$5*

Family Fun Night

Mondays, 5:30-7:30 PM. (Not 11/12, 12/24, 2/31)
Dinner & activities for families under stress. See planned activities at left.

Babytime

Tuesdays, 10-11:30 AM. (Not 12/25 or 1/1)
Prenatal to 1 year, with parents. Free.

Terrific Twos Playtime

Wednesdays, 9:30-11 AM. (Not 12/26)
Ages 2-3 with parents. Drop-ins OK. \$5*

Exeter Family Morning Out

Thursdays, 9:30-11 AM. (Not 11/22, 12/27)
Ages 0-6 with parents. Exeter Parks & Rec.,
32 Court Street, Exeter

Preschool Playtime

Fridays, 9:30-11 AM. (Not 11/23 or 12/28)
Ages 3-5 with parents. Drop-ins OK. \$5*

Epping Family Morning Out

Fridays, 9:30-11 AM. (Not 11/9, 11/23, 12/21, 12/28),
Ages 0-6 with parents. SAU Building, 213 Main St., Epping

Parenting Programs

TUESDAY EVENING PARENTING

Active Parenting

Tuesdays, Nov. 6-20, 6-7:30 PM
Nov. 6: Responsibility & Discipline
Nov. 13: Building Courage and Self-Esteem
Nov. 20: Understanding & redirecting misbehavior.

Improving Kids' Social Skills

Tuesday, Nov. 27, 6-7:30 PM
Helping kids manage conflict and enhancing their social success. With Dr. Laura Rubin, Portsmouth Neuropsychology.

Parenting Can Be Stressful!

Tuesday, Dec. 4, 6-7:30 PM
Pamela Miller Sallet, MEd, shares tips for understanding and managing stress.

The Three Rs of Special Education

Tuesday, Dec. 11, 6-7:30 PM
Understanding your role, rights & responsibilities. With Bonnie Dunham of PIC NH.

Keeping the 'Happy' in Holidays

Tuesday, Dec. 18, 6-7:30 PM
Expectations, routines, traditions and joy.

THURSDAY MORNING PARENTING

Parent Recharge (relax and connect!)

Thursdays, Nov. 1, 15, Dec. 6, 20, 9:30-11 AM

Raising Your Spirited Child

Thursday, Nov. 8, 9:30-11 AM
Understanding temperaments and reinforcing strengths.

Does My Preschooler Have ADD?

Thursday, Nov. 29, 9:30-11 AM
Developmental milestones & learning styles. With Randy Tallent, MEd.

Stop the Holiday Madness!

Thursday, Dec. 13, 9:30-11 AM
Fostering an attitude of gratitude.



FAMILIES FIRST
 100 Campus Drive
 Portsmouth, NH 03801
 603-422-8208
 FamiliesFirstSeacoast.org



FAMILIES FIRST
 146 Lafayette Road
 Seabrook, NH 03874
 603-766-2626
 tinyurl.com/SeabrookFF
This site temporarily closed.



**GOODWIN
 COMMUNITY HEALTH**
 311 Route 108
 Somersworth, NH 03878
 603-516-2556
 GoodwinCH.org



**MOBILE HEALTH &
 DENTAL CLINICS**
 In Portsmouth, Hampton,
 Exeter, Dover, Rochester
 1-888-922-0005
 tinyurl.com/FFMobileHealth

OUR SERVICES

- Primary Care
- Prenatal Care
- Dental Care
- Counseling
- Substance Use Disorder
Treatment & Recovery
- Cancer Screenings
- Child Development Screenings
- Mobile Health & Dental Clinics
- Pharmacy (Goodwin)
- Parenting Classes
- Family Programs
- Home Visiting
- WIC Nutrition Services

OPPORTUNITIES TO HELP

Support from individuals, groups, businesses or organizations through donations of money, goods, services and volunteer time is greatly appreciated.

Call (603) 422-8208 x-126 to find out how *you* can help. Thank you.

Public transportation to Families First in Portsmouth is available on COAST Trolley route 41 (for information, call COAST at (603) 743-5777).

www.FamiliesFirstSeacoast.org



Parenting & Family Programs



at *your* community
health & family resource center

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November 22-23, or December 24-January 1.**

For more information visit:
tinyurl.com/FFParenting
 or
call 603-422-8208 (press 2)