

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

To sign up for programs and child care



go to [tinyurl.com/ffparenting](http://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** Starting  
soon: Call Patrice at 603-422-8208 ext. 315

## 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 11/23, 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](http://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)**