

*Family Center programs will not be held the week of December 24 - January 1.*

- Programs are subject to change.
- 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).

### Family Fun Night

Most Monday evenings 5:30-7:30.  
Fun for the whole family.

#### Planned Activities:

- Jan. 7<sup>th</sup>: Family Game Night
- Jan. 14<sup>th</sup>: Make your own Snow Slime
- Jan. 21<sup>st</sup>: No FFN
- Jan. 28<sup>th</sup>: Egg Drop Challenge
- Feb. 4<sup>th</sup>: Create a Family Mailbox
- Feb. 11<sup>th</sup>: Valentine's Day Crafts
- Feb. 18<sup>th</sup>: No-Bake Cooking Activity
- Feb. 25<sup>th</sup>: No FFN

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, Jan. 9, Feb. 13, 6-7:30 PM.**  
Rebecca Lavoie of Olive Branch Mediation.

### Parent Recharge (relax and connect!)

**Thursdays, Jan. 3, 17, Feb. 7, 21, 9:30-11 AM**

### Grandparent Recharge Group

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

## Family Programs

### Toddler Playtime

**Mondays, 9:30-11 AM.**  
Ages 1-2 with parents Drop-ins OK. \$5\*

### Family Fun Night

**Mondays, 5:30-7:30 PM.** (Not 1/21, 2/25)  
Dinner & activities for families under stress. See planned activities at left.

### Babytime

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

### Terrific Twos Playtime

**Wednesdays, 9:30-11 AM.**  
Ages 2-3 with parents. Drop-ins OK. \$5\*

### Exeter Family Morning Out

**Thursdays, 9:30-11 AM.**  
Ages 0-6 with parents. Exeter Parks & Rec.,  
32 Court Street, Exeter

### Preschool Playtime

**Fridays, 9:30-11 AM.**  
Ages 3-5 with parents. Drop-ins OK. \$5\*

### Epping Family Morning Out

**Fridays, 9:30-11 AM.**  
Ages 0-6 with parents. SAU Building,  
213 Main St., Epping

### Somersworth Family Morning Out

**Fridays, Jan. 4 - Mar. 29, 9:30-11 AM,**  
Ages 0-6 with parents. Flanagan Center,  
25 Bartlett Ave., Somersworth

## Parenting Classes

### TUESDAY EVENING CLASSES @ 6:00

**Raising Your Spirited Child, Jan. 8,**  
Understanding temperaments and reinforcing strengths.

**“Connected” Kids: The Technology Dilemma Jan. 15,** With Dr. Carrie Chiasson, of Portsmouth Neuro-psychology.

**Building a Positive School-Home Partnership Jan. 22,** With Peter Sweet, Principal of Seacoast Charter School.

**IEP: Putting It All Together, Jan. 29,** How to organize, manage and monitor progress.

**Keeping Your Cool, Feb. 5, 12 & 19,** Anger help for everyday parenting.

**Raising Resilient Kids, Feb. 26,** Helping kids bounce back from adversity and face challenges.

### WEDNESDAY EVENING CLASSES @ 4:30

**Sober Parenting Journey, Feb. 13-May 15,** Strengthen your parent-child relationships while maintaining recovery.

### THURSDAY MORNING CLASSES @ 9:30

**How & Why to Play With Your Kids, Jan. 10,** Fun ways to strengthen minds and bodies.

**Helping Siblings Get Along, Jan. 24,** Encourage empathy & conflict resolution

**Are You MisLead? Jan. 31,** Minimizing the risks of lead-poisoning for your children. With Gail Gettens.

**Boost Executive Function Skills, Feb. 14,** With Linda Martin of Portsmouth Neuropsychology.

**Healthy Eating and Good Mealtime Habits, Feb. 28,** Tips for healthy, happy mealtimes.

### THURSDAY EVENING CLASSES @ 5:30

**Somersworth Active Parenting, Jan. 10- Feb. 7,** A 5-week series for parents of school-aged children. Goodwin CH, 311 Route 108.



**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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December 24-January 1.**

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