

- Unless otherwise noted, programs are held at Families First, at 100 Campus Drive in Portsmouth (around the back).
- All parents, grandparents, caregivers and children are welcome.
- Most programs are free.*
- Child care is free. (Signup required.)
- Attendance reports available (\$5).
- Check the Helpful Links section of website: tinyurl.com/FFParenting

Programs are subject to change.



For the latest info or **to sign up for programs and child care**, go to tinyurl.com/FFParenting or call (603) 422-8208 (press 2).

Family Fun Night

100 Campus Drive, Portsmouth
Most Mondays, 5:30-7:30 PM

Fun for the whole family!

- March 4: Family Treasure Hunt
- March 11: Family Bingo Night
- March 18: Homemade Playdough
- March 25: Science Fun with Wayne
- April 1: No-Bake Snacks/Face Painting
- April 8: Painting Flower Pots
- April 15: Planting in Painted Pots
- April 22: No FFN (NH April vacation)
- April 29: Calm Down Glitter Jars

* There is a suggested \$5 donation for Portsmouth playgroups. There is no charge for health, dental & home-visited clients.

Parent Support Groups

Mother-to-Mother Connections

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

Co-Parenting Support Group

Wednesdays, March 20, April 17, 6-7:30
Rebecca Lavoie of Olive Branch Mediation.

Parent Recharge (relax and connect!)

Thursdays, March 7, 21, April 4, 18, 9:30-11 AM

Grandparent Recharge

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 (not 4/22), 5:30-7:30 PM
Dinner & activities for families under stress. See planned activities at left.

Babytime

Tuesdays, 10-11:30 AM
Prenatal to 1 year, with parents

Terrific Twos Playtime

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

Exeter Family Morning Out

Thursdays (not 4/25), 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, (not 3/1, 4/5 or 4/26) 9:30-11 AM
Ages 0-6 with parents. SAU Building, 213 Main St., Epping.

Somersworth Family Morning Out

Fridays, March 1-29, 9:30-11 AM
Ages 0-6 with parents. Flanagan Center, 25 Bartlett Ave., Somersworth.

Parenting Classes @ Families First 100 Campus Drive, Portsmouth

Tuesdays, 6-7:30 PM

Making Tough Conversations Easier

March 5 & 12 Develop skills that will help to resolve family conflicts peacefully. With Rebecca Lavoie, CFM

Positive Solutions, March 19 - April 23

Simple tools, clear solutions for parents of children birth through 6 years of age.

IEP: Putting It All Together, April 30, How to organize, manage and monitor progress.

Thursdays, 9:30-11 AM

Emotional Regulation, March 14

Help your kids understand and regulate their emotions and behaviors. With Cate Jackson, from Portsmouth Pediatric Rehab.

Are You Mis-Lead? March 28

Minimizing the risks of lead poisoning for your children. With Gail Gettens, MS, from the NH Division of Public Health Services.

Teaching Self-Regulation, April 11 & 25

Hands-on activities to help children understand their emotions and triggers.

Parenting Classes @ Goodwin

311 Route 108, Somersworth

Thursdays, 5:30-7 PM

Teaching Self-Regulation, March 7 & 14

Learn how to help children understand their emotions and triggers.

Keeping Your Cool, March 21 & 28

Anger help for everyday parenting

Parenting Journey, April 4 - June 27 (not 4/25)

A 12-week course to help you identify what you're repeating from your childhood and what you want to change in your own parenting journey.



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
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**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-311 to find out how *you* can help. Thank you.

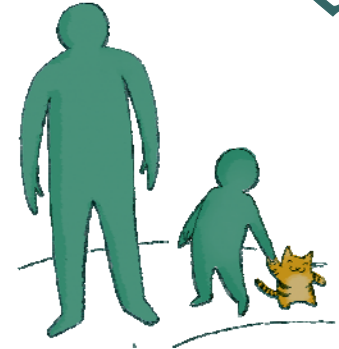
Public transportation to Families First in Portsmouth is available on COAST Trolley Route 41. For information, call COAST at (603) 743-5777.

www.FamiliesFirstSeacoast.org



Parenting & Family Programs

March-April 2019



at *your* community
health & family resource center

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