




- 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](http://tinyurl.com/FFParenting)

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

Programs are subject to change.  
 For the latest info or **to sign up for programs and child care**, go to [tinyurl.com/FFParenting](http://tinyurl.com/FFParenting) or call (603) 422-8209.

**Family Fun Night**  
 100 Campus Drive, Portsmouth  
 Mondays, through June 17, 5:30-7:30 PM

- Dinner & activities for families under stress.
- May 6th: BJ Hickman Magic Show
  - May 13th: Rock Painting (Bring a special rock if you have one.)
  - May 20th: Family Fear Factor
  - May 27th: No FFN (Memorial Day)
  - June 3rd: Homemade Play Dough
  - June 10th: Fun w/ Paper Airplanes
  - June 17th: Outdoor Fun & Ice Cream Party!
- June 17 will be our last Family Fun Night for the school -year. Look for us again in the fall.

**Parent Support Groups**

- Parent Recharge** (relax and connect!)  
 Thursdays, May 2, 16, June 6, 20, 9:30-11 AM
- Grandparent Recharge (Seabrook), May 6, 1st Monday each month, 9:30-11AM**  
 Seacoast Youth Services, 867 Lafayette Road, Seabrook
- 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**  
 Wednesday, May 8, 6-7:30 With Rebecca Buell Lavoie of Olive Branch Mediation.
- Relative Caregiver Recharge (Somersworth) May 13, 9:30-11AM**, 2nd Monday each month, at Goodwin CH, 311 Rte. 108.

**Playgroups**

- Toddler Playtime**  
 Mondays, (not 5/27) 9:30-11 AM  
 Ages 1-2 with parents. Drop-ins OK. \$5\*
- 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, 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, (through 6/14) 9:30-11 AM  
 Ages 0-6 with parents. SAU Building, 213 Main St., Epping.
- Somersworth Family Morning Out**  
 Fridays, (through 6/14), 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

- How to Talk So Kids Will Listen, May 7 & 14**  
 Connect with your child while keeping your authority & providing guidance.
- What is a Normal Adolescent, May 21**  
 Understand the developing adolescent brain, and what helps vs. what harms your relationship with your teen/tween.
- Communicating Without Arguing or Attitude, May 28**, Turn arguments with your kids into discussions. Nurture mutual respect with your tween or teen.
- Successful Sibling Relationships, June 4 & 11**  
 learn strategies for encouraging more positive sibling relationships. Try to come to both weeks!
- Summer Survival Kit, June 18**  
 It isn't all about the kids! Check out local resources, learn how to include self-care in your routine, and create a satisfying summer for everyone.
- Summer Reading Success, June 25**  
 Spark your child's love of reading this summer. With Maureen Donnelly, M.Ed.

Thursdays, 9:30-11 AM

- Teaching Personal Body Safety, May 9**  
 Strengthen your child's awareness of boundaries and safety rules. With staff from HAVEN.
- Ages & Stages, May 23 & 30**  
 Learn about this developmental screening tool for parents to use with their children.
- What is Mindfulness? June 13**  
 Jacqueline Fifield will talk about the benefits of developing this practice for yourself and your family.
- How to Help Your Screaming Toddler, June 27**  
 Strategies for dealing with tantrums during the toddler years, based on the work of author and educator, Janet Lansbury.