

All parents, grandparents, caregivers and children are welcome at these programs. Programs are free, with free child care. *Advance signup needed for classes and for child care.* Schedule is subject to change. For the latest info, details, helpful links and to sign up for programs or child care:

tinyurl.com/FFParenting
(603) 422-8209



Classes and Groups in Somersworth

@ Goodwin Community Health, 311 Route 108

One Monday Each Month, 9:30-11 AM

Somersworth Relative-Caregiver Recharge

March 16 and April 13

Info and support for grandparents and other relatives raising kids.

Thursdays, 5:30-7 PM

Mind in the Making April 16—June 4

Help your child develop seven life skills needed to thrive in this complicated, distracting world—and practice them yourself! Side benefit: You'll become more confident in your parenting. Please plan to attend all 8 sessions.

Fridays, 9:30-11 AM

Somersworth Family Morning Out

For children ages birth to six, with parents or other caregivers.

Parenting & Family Programs MARCH/APRIL 2020

Parenting Classes & Groups in Portsmouth
@ Families First, 100 Campus Drive

Tuesdays, 9-10 AM

Mother-to-Mother Connections

Postpartum support. Call 207-439-3033.

Tuesdays, 6-7:30 PM

Communication Makes a Difference

March 3: 4 Steps to Strengthen Your Communication Skills

March 10: Communicating Without Attitude or Arguing

Small Kids, Big Feelings

March 17: Be Your Child's "Emotion Coach"
March 31: Calming Tools, Thinking Strategies

'Smart But Scattered' with Peg Dawson March 24

Peg Dawson, coauthor of *Smart but Scattered*, will discuss how executive skills develop throughout childhood and adolescence and how parents can help kids build the skills they need to *get things done!*

Parenting Journey April 7 – June 30

Identify what you're repeating from your childhood and decide what you want to change to become the parent you want to be. Includes dinner! Advance signup needed.

Thursdays, 9:30-11 AM

Parent Recharge: Relax and Connect

Meets weekly. Special topics on these dates:

March 5: Living with a "Threenager"

March 12: Why Body Positivity Matters

March 26, April 9 & 23:

Anxious Parents, Anxious Kids

April 30:

Why & How to Take Care of YOU

Family Groups in Portsmouth
@ Families First, 100 Campus Drive

Toddler Playtime (ages 1-2 with parents)
Mondays, 9:30-11 AM

Family Fun Night (families w/ infants-teens)
March 2; monthly on 1st Mondays 5:30-7:30
Family-style dinner and family-friendly activities, without the stress of making it happen at home! Advance signup needed.

Babytime (prenatal to 1 year, with parents)
Tuesdays, 10-11:30 AM

Terrific Twos Playtime (ages 2-3 with parents)
Wednesdays, 9:30-11 AM

Preschool Playtime (ages 3-5 with parents)
Fridays, 9:30-11 AM

Parenting Classes & Family Groups
in Epping, Exeter and Hampton

Exeter Family Morning Out

Thursdays, 9:30-11 AM

Exeter Parks & Rec., 32 Court Street

Epping Family Morning Out

Fridays, 9:30-11 AM

SAU Building, 213 Main St., Epping

Hampton Relative-Caregiver Recharge

March 3 and April 7, 9:30-11 AM

SOS, 1 Lafayette Rd., Hampton

Epping Relative-Caregiver Recharge

March 18 and April 15, 9:30-11 AM

SAU Building, 213 Main St., Epping

Positive Solutions (in Epping)

Coming in spring, Weds. evenings (6 weeks)

For parents of young children. Discipline, communication and social/emotional learning. Call or visit website for dates.