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 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

Toddlers" 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 & Groups in Exeter, Epping 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.