

Parent & Family Programs

All families are welcome. All services are free.

Home Visiting

Your home visitor will help you set goals and move forward to achieve them, connect and navigate local resources, and support your children as they grow and learn.

Meetings may happen outdoors, indoors at Families First or Goodwin Community Health, or virtually.

Call us to learn more or to sign up:
(603) 422-8209 option 3.

Kinship Caregiver Support

Our Kinship Navigator provides resources, information and support to grandparents and other relatives who are raising children in New Hampshire. Call (603) 422-8209 option 3.

Newsletter signup:
tinyurl.com/FamilyFocusSubscribe

Spring 2022 Classes & Groups

For details, updates and to sign up, call (603) 422-8209, scan this QR code or visit FamiliesFirstSeacoast.org (Family Center section). Online and in-person options offered.



Parenting Classes Covid screening and masks required for in-person groups.

- Communication is Key | Online | 3rd Wednesday each month, 6-7:30 p.m.

Please check our website for updated list of parenting classes. Topics may include:

- Parenting Journey
- No-Drama Discipline
- Mind in the Making (7 Essential Life Skills)
- Positive Solutions for Families

Support Groups Covid screening and masks required for in-person groups.

- Parents & Caregivers of Children with an Incarcerated Parent | Online | last Mondays @ 6:30 pm
- Grandparents Connect | Idlehurst School, Somersworth, 2nd & 4th Tuesdays @ 9:30 a.m.

Playgroups Masks required for people over age 2.

- Family Morning Out Somersworth | Idlehurst School, Fridays @ 9:30 a.m.
- Family Morning Out Epping | SAU Building, Fridays @ 9:30 a.m.
- Family Morning Out Exeter | Parks & Rec Building, Thursdays @ 9:30 a.m.
- Coming Soon: Babytime at Families First in Portsmouth. Check website for day and time.

Parenting is one of the hardest and most important jobs there is.

We can help you build your network of support, connect to local resources, manage stress, learn about child development and expand your parenting toolbox.

All parents, grandparents, foster parents and relative caregivers, parenting children of any age, are welcome.

These programs and services are free and are offered online; by phone; and in-person, both indoors and outdoors.

Please visit our websites or give us a call to learn more.

GREATER SEACOAST COMMUNITY HEALTH

Goodwin **Families** **Lilac City**
Community Health First Pediatrics

PARENT & FAMILY PROGRAMS

(603) 422-8209

FamiliesFirstSeacoast.org/family-programs

GoodwinCH.org/familycenter

tinyurl.com/FamilyFocusSubscribe

Facebook.com/groups/GSCHParents



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