



Programs & News

April 2008

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Dear Friends,

Welcome Spring, longer days and warmer weather! At Families First, April brings great programs like our new Grandparenting group and Parents Night Out, as well as Saturday Play, Family Morning out in Raymond or Seabrook, and many more. Now you can choose to view this information as an [online calendar](#), a [one-page summary](#) (good for printing and posting!), or a list of [program descriptions](#). This newsletter is your link each month to program information, as well as volunteer opportunities, community resources and parenting information. Enjoy it!

Keryn Kriegl, Program Director

P.S. Please help more people discover our valuable programs by printing and posting our program calendar or using the "Forward" button below.

Program of the Month

Child and Family Therapy

Families First promotes healthy bodies, healthy mouths, healthy minds and healthy relationships by providing a broad array of services. One of them is our partnership with [Seacoast Mental Health Center](#), whose licensed therapists provide on-site counseling for children and families in our Parent Room. They help parents and children improve family functioning and communication, handle stress and anger, and manage children's symptoms associated with depression, anxiety, substance abuse and attention-deficit hyperactivity, autism spectrum, bipolar and other disorders. Ask your Families First medical provider, home visitor or parent educator for a referral to this service. Fees can be paid by NH Healthy Kids, private insurance or private pay (sliding scale).



New Class for Grandparents

Families First's new Grandparenting class will cover topics like what grandparents offer and receive; clarifying the grandparent/parent relationship, especially when they differ; child-rearing techniques update; establishing relationship with the child; grandparenting tweens and teens; and grandparenting from a distance. Meets alternate Wednesdays, March 26, April 9, April 23 and May 7, 9:30 to 11 a.m., at the Community Campus. [Flyer](#)

Parents Evening Out

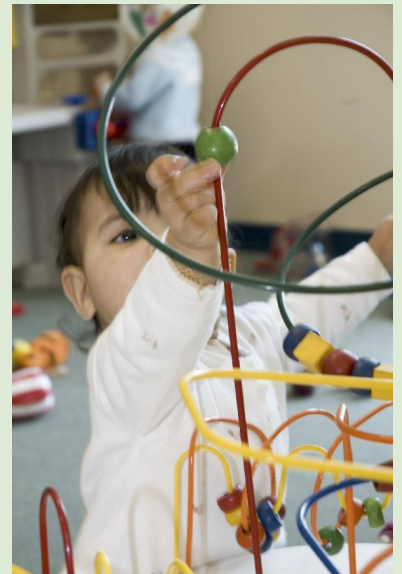
Are you looking for a break from cooking and cleanup? A chance to kick back while your kids let off some energy before bedtime? Come to Families First on the 4th Wednesday of every month, 6 to 7:30 p.m. First, enjoy a pizza and salad dinner with the kids. Then, send them off for supervised play in our gym while you play pool, Ping Pong or foosball or just relax in our quiet Parent Room. All for \$5 per family! Call 603-422-8208 ext. 2 to reserve your spot for March 26. [Flyer](#)

Help Evaluate Families First

The Family Center will be administering its yearly Family Support Program Outcomes Survey in April. The results will be compared with the other Family Resource Centers and Family Support Programs across the state. We work hard to help families build on their strengths so that they have a fulfilling family life and their children grow up to be healthy and resilient. Please take the time to complete this survey when you are at Families First in April.

What Makes Quality Child Care?

Choosing child care - and then actually leaving your child there! - can be stressful, especially if it is the first time you have trusted someone other than a family member or friend with your child's care. . . . Whether you are leaving your child at Families First for a couple of hours while you are right next door, or at a child care center while you are working, the key factors that you can expect in a high-quality child care center are the same. . . . [More](#)



Free Cancer Screenings for Women

Clinical breast exams, mammograms and Pap tests save lives. On Wednesday evening, April 2, eligible women can get these tests free at Families First. This program is for uninsured or underinsured women who meet income guidelines and are over 40 or at high risk. To see if you qualify and to make an appointment (required!), call Jane Cummings, RN, at 603-422-8208 ext. 222. [Flyer](#)

Share Thoughts on NH Healthy Kids

Has your child ever had NH Healthy Kids insurance? Or applied for it and not received it? If so, the staff of NH Healthy Kids would like to hear from you. They will be at Families First on April 1 from 3-5 p.m. to listen to you. They want to hear from parents, older teens, referral agencies and concerned citizens. [More](#)

G. Willikers! Honors Families First

[G. Willikers! Toy Shop](#) in downtown Portsmouth is celebrating its 30th anniversary with "Partners in Play," featuring a different Seacoast organization each month. In April, G. Willikers! will partner with Families First, offering an evening of educational games during a Families First program, a window display at the store, and an after-hours sale to benefit us. Please mark your calendar for the sale:

Thursday, April 17, 6-8 p.m.



Drive of the Month: Diapers

"April Showers Bring *DIAPERS!*" You can make a difference by donating diapers of all sizes, baby wipes, and pull-ups. These items will go directly to local families in need. If you would like to receive an announcement of what kind of drive we are holding each month, please e-mail [Catherine](#) at Families First. Thank you for your support!

Resources of the Month

- Northeast Credit Union in Portsmouth offers free federal tax preparation and filing services for families who earned less than \$50,000 in 2007. Call Lynn at 603-422-9804 for an appointment. [More information](#)
- The [Children's Museum of Portsmouth](#) is holding a Free Family Fun Night on Friday April 4 from 5:30 to 8 p.m. Also, don't miss the *Artists of the Seacoast* exhibit there, from April 3 through May 11, with a sneak peek at Families First's 2009 calendar art and a fun scavenger hunt.

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