



# August 2009

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Programs & News: 8-09

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## August Programs, at a Glance

### Portsmouth:

#### This month only:

Keeping Your Cool: Anger Help for Everyday Parenting ... Back to School, Preschool or Day Care: Preparing for a Successful Year

Ongoing: Parent Recharge ... Babytime ... Toddler Playtime ... Preschool Playtime ... Family Fun Night

**Lower Seacoast:** Parent Recharge

**Western Rockingham County:** Family Morning Out

*For more about these programs, click below for information in your choice of three formats:*



[Program descriptions and links to flyers](#)

*Help more people discover the great, affordable health care and parenting and family programs available at Families First! Use the "Forward email" link at the bottom of this page, or print and post the program calendar.*



## Program of the Month: Prenatal Care

Did you know that babies are more likely to be born healthy if their mother gets prenatal care as soon as she knows she is pregnant? If you or someone you know is pregnant and doesn't have medical care yet, [Families First's Prenatal Program](#) is an option. We provide affordable medical and supportive services tailored to each family's needs and preferences. Physicians and a nurse practitioner from Harbour Women's Health provide obstetric care on-site at Families First. Members of the Families First prenatal team provide nutrition education;

breastfeeding consultation and support; mental health and substance abuse counseling; help obtaining financial assistance for prenatal care; and help with housing, transportation, and translation services. Childbirth education is offered on-site on Saturdays at little or no cost. Babies are delivered at the newly remodeled maternity center at Portsmouth Regional Hospital.

Call Marcy at 603-422-8208 ext. 142 for more information and to schedule your intake. Don't forget: We would love to see you as early in your pregnancy as we can!

### Meet Our New Dentist

Families First has a new dentist: Dr. Rebecca Groves, DMD. Dr. Groves received her degree from Tufts University School of Dental Medicine. She spent much of the last two years of her training seeing patients at the Tufts Dental Clinics and at the VA Medical Center in Augusta, Maine, which she really enjoyed. "We helped people who don't have other options," she says, "and that's what made me want to work in public health dentistry." Dr. Groves grew up in Merrimack, NH, and was inspired to become a dentist by her father, who was also a dentist. She enjoys hiking and skiing. Dr. Groves welcomes new patients, both children and adults. (Adults must first be primary-care patients at Families First Health Center.) For more information, [visit our website](#) or call 603-422-8208 ext. 1.

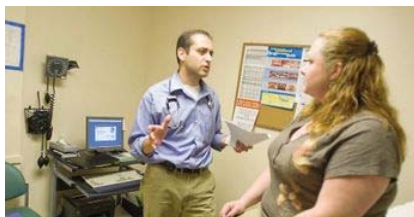


### For Families Who Survived Domestic Violence

This fall, Families First will host a 12-week therapeutic program for children and mothers who have experienced domestic violence. Separate groups for children and mothers, focused on rebuilding the parent-child relationship, will run simultaneously on Thursday nights. This program is offered in partnership with A Safe Place, Seacoast Mental Health Center, and the Portsmouth office of the New Hampshire Division for Children, Youth, and Families. For more information, call 603-422-8208 ext. 314 or ext. 123.

### Calendars and Notecards On Sale Soon

The 2010 *Artists of the Seacoast* Calendar and Notecard Collection will be available for purchase at the Family Center window in our lobby in mid-August, and at other locations to be announced [on our website](#). Both the calendar and notecards make a useful and thoughtful back-to-school gift for your child's new teacher. "Top of the Morning," by Susan Kneeland, at right, will represent March in the 2010 calendar.



### Families First In the News

*"Working Overtime to Meet Health Care Needs," by Adam Leech, Herald Sunday, June 30, 2009*

Job losses, increasing premiums and cutbacks have caused the number of people seeking discounted health care from Families First Health and Support Center to skyrocket, according to organization officials. Over the last nine months, Families First has enrolled 575 new medical and dental patients, which is a 47 percent increase over the same time period last year. In April 2009 alone, 110 new patients enrolled, which is an all-time high figure for new patients in a single month. "We've been getting many calls from the newly uninsured, people who have either been laid off, downsized, lost their health insurance or their premiums have become unaffordable," said Helen Taft, executive director for Families First. "With the economy being what it is, it's not entirely unexpected ... But it does challenge us to meet this demand." . . . [Read full article](#)

## Resources of the Month

- Join community members and health care experts - including Families First Executive Director Helen Taft - for a panel discussion and Q&A on **health care reform** on Wednesday, July 29, at the Portsmouth Public Library. For more information, [click here](#).
- New Hampshire Public Radio wants to know **how the economy is affecting you**. Visit the station's [Working it Out](#) page to post a note about the situation you see around you -- at work, around town, or at home -- or compare your observations with others from your community and across the NHPR listening area.

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