

Families First

support for families...health care for all



Parenting & Family Programs ♦ August 2010

All parents, guardians, grandparents, and children are welcome at these programs. Unless otherwise noted, programs are free and include free child care if you sign up in advance. **All programs except those marked with an * require advance signup.** Families First Health & Support Center also offers medical and dental care and individualized family support. **Programs (except Grandparenting) will not meet August 30 – September 6.**

Community Campus, Portsmouth

— Parenting Classes —

Tuesday Evening Classes, 6-7:30 PM

8/3 and 8/10: Keeping the Peace:

Helping Siblings Get Along

8/17: Gearing Up for the New School Year

8/24: Helping Children with Stress

Grandparenting

1st & 3rd Wednesdays each month, 9:30-11 AM

Thursday Morning Classes

2nd and 4th Thursday each month, 9:30-11 AM

8/12 & 8/26: The Kind of Play Every Child Needs

“Keeping Your Cool” Monthly Strategy Night

3rd Thursday of the month, 6-7:30 PM

8/19: Martial Arts: Focusing to Resist Angry Reactions

— Parent Groups —

Mother-to-Mother Postpartum Group

Tuesdays (except 8/31), 10-11:30. Call 422-8208 x123.

Single Parenting

First Wednesday each month (except 9/1), 6-7:30 PM

8/4: Relax Here ... Take the Techniques Home

Parent Recharge 9:30-11 AM

1st & 3rd Thursday (except 9/2) each month

— Family Programs —

Toddler Playtime* (1-2½ with parents), 9:30-11 AM

Mondays (except 8/30 & 9/6) \$5 fee; can be waived.

Family Fun Night (for families under stress)

Mondays (except 8/30 & 9/6), 5:30-7:30 PM

Babytime* (prenatal to 1 year, with parents)

Tuesdays, (except 8/31) 10-11:30 AM

Preschool Playtime* (ages 2½ to 5, with parents)

Fridays, (except 9/3) 9:30-11 AM. \$5 fee; can be waived.

Other Locations

— Parenting Classes —

Raymond & Seabrook classes resume in September.

— Parent Group —

Parent Recharge (SEABROOK)

Tuesdays, (except 8/31), 9:30-11 AM

Seabrook Public Library, 25 Liberty St.

— Family Program —

Family Morning Out (0-6, with parents) (**EPPING**)

Thursdays, July 22–August 12, 9:30-11 AM. **Note**
summer location: Epping Elementary, Prospect Street.

Informal Q&A with experts on these subjects:

7/22: School Readiness

7/29: Breathing and Relaxation

8/5: Preschool Behaviors and Challenges

8/12: Open Discussion

Visit Us at Hampton Farmers' Market



Stop by the Hampton Farmers' Market (located next to the Galley Hatch restaurant on Lafayette Road, Hampton) on Tuesday afternoons, 8/17 and 8/24, from 3-6 pm, and visit the Families First booth for a free kids' craft.

www.FamiliesFirstSeacoast.org

- ♦ Click **Upcoming Programs** for descriptions of the groups listed on this page.
- ♦ Click **Health & Family Services** for info on medical and dental care at Families First.
- ♦ Click the **Read/Subscribe** button on home page to receive this calendar by e-mail each month.

To register for these groups call 603-422-8208 (press 2) ♦ info@FamiliesFirstSeacoast.org