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# December!

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**Programs & News: 12-08**

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## December at a Glance

### Portsmouth:

*This month only:* Anger Management for Everyday Parenting, Family Holiday Fun, Helping Kids Handle Change

*Ongoing:* Parent Recharge; Grandparenting; Life with Teens; parent-child playgroups for babies, toddlers and preschoolers; Family Fun Night (for families under stress)

### Lower Seacoast:

Parent Recharge  
Stop the Holiday Madness

### Western Rockingham County:

Stop the Holiday Madness

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



[Program descriptions & links to flyers](#)

## PROGRAM OF THE MONTH:

### Health Care for the Homeless

If you know someone who is without stable housing and in need of health care, please tell them about Families First's mobile Health Care for the Homeless program. Our mobile health care team travels on vans to deliver medical care and other services -- at no charge -- to people who are living in rooming houses, motels, campgrounds, winter rentals or shelters, or "couch surfing" with friends or family, or who are unsheltered. The team visits eight sites in Portsmouth, Hampton, Dover and Rochester. [Site schedule](#)



The mobile health care team includes Nurse Practitioner, Nurse, Care Coordinator, Substance Abuse Counselor, Family Therapist and Outreach Worker. The care we provide can be as simple as foot care or as complicated as treating and managing chronic diseases such as diabetes or asthma. Sometimes we see people just once for an episodic illness, but many of our patients see us regularly. The care coordinator helps people connect with resources and benefits to improve both their health care and social situations. Patients also have access to emergency dental care at Families First.

If you would like to help the people who get their health care on the vans, donations of socks or \$5 Wal-mart gift cards (used to purchase medications) would be greatly appreciated. Please bring them to Families First.

### In The News

Speaking of Health Care for the Homeless, this Families First program had the honor of being chosen for the Seacoast Women's Giving Circle's annual gift in 2008. Read in [Foster's](#) and the [Portsmouth Herald](#) about how the Giving Circle works and why they chose us.



### Now Accepting New Medical & Dental Patients

Families First is currently accepting new patients in our pediatric dental and medical practices, with short waiting periods -- just a few days for primary care, and about a month for dental care. We also have openings in our primary care practice for adults. Follow these links to learn more about [our medical and dental providers](#) and about [primary care](#) and [dental care](#) at Families First.

## Families First Clients: We Need You!

The Consumer Advisory Committee needs new members! We meet on the second Wednesday of each month from 6-7:30 p.m. The only commitment is to engage in a discussion with a Families First staff member, advise Families First how to respond to comments submitted in our suggestion boxes, and share your own experiences and wishes for Families First. There is no homework! We meet next on December 10th and will be discussing our nutrition program. If you are interested, contact Keryn [by email](#) or at 603-422-8208 ext. 145. [More info](#)



## Ways to Help This Season

Many people ask for ways to help during the holiday season. Here are a few ways you or anyone you know can help Families First this year.

**Donate Now**

Secure donations through  
Network for Good

- Make a financial contribution. [Click here](#) to make a secure online donation.
- Run a holiday drive with your family or at your workplace to collect items needed by Families First clients. High on our list of clients' needs right now are clean winter outerwear, and diapers. Once the items have been collected, please bring them to the Family Center window at Families First. Questions? Call 603-422-8208 ext. 2.
- Purchase [Artists of the Seacoast](#) calendars and notecards.

## DRIVE OF THE MONTH: Diapers and Pull-ups

**Diapers and pull-ups in all sizes are needed for struggling families. The need for these items is so great that we devote our Drive of the Month to diapers four times a year! So next time you go to the grocery store, won't you consider picking up a package and bringing them to Families First?**

## RESOURCES OF THE MONTH

- The [Virtual Learning Academy Charter School](#), an online school for New Hampshire students 6th grade through age 21 who have difficulty in a regular school environment.
- [Stay Warm NH](#), a site with links to more than a dozen resources to help New Hampshire residents with their winter heating costs.

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