



## Programs & News

January 2008

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Dear Friends,

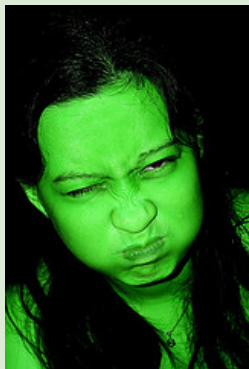
Happy Holidays! So many of you have generously donated money and items for our programs, services and our Family Exchange. Others have given generously of your time this year. Families First's staff, board and clients thank you all.

Families First is open every weekday during the holidays except Christmas and New Year's Day, but parenting and family programs will not meet Dec. 24 through Jan. 1. We look forward to seeing you at our [January programs](#).

Keryn Kriegl, Program Director

## Program of the Month: The Family Exchange

The Family Exchange, a free store located across from the entrance to Families First Health Center, is the place to donate or pick up new and gently used clothing, infant items, books, movies, computer games and small housewares. Relying on community donations and volunteer staffing, the store is open for shopping and to accept donations Monday through Friday, 9 am to 4 pm. *Before bringing donations to the Exchange or shopping there, please [read our guidelines](#).* Right now, we are looking for a volunteer to manage the Family Exchange; contact Laura by [email](#) or at 422-8208 ext. 132.



## Are You Making Yourself Angry?

*Advice from Parent Educator Joanna Wicklein*

Do you feel angry when you come home to a messy house and squabbling children? Does it make you see red when your teens sit around IM'ing while you scramble to get the house clean and a dinner on the table? Do you ever imagine throttling the two-year-old who runs away from you laughing and shrieking when it's time for bed? *Hey wait, you say. This article is supposed to be about making yourself angry, and all you've talked about is the kids making you angry.* It may seem that way. But look a little

closer. [More](#)



## Drive of the Month: Books, CDs, DVDs

In January, please donate your new and gently used books, CDs, DVDs and computer games to Families First. We know lots of families who are looking for things to do this winter and would really love your help. We will be collecting these items *at the Family Center window* throughout January. Thank you!



## The Family Center is Hiring

Families First is looking for a parent education professional to collaborate with community organizations to provide parenting and family programs throughout the Seacoast. This is a part-time position with some evening hours and local travel. Requirements include experience facilitating groups and working with families; bachelors degree in a relevant field; and knowledge of ages and stages for children ages 0 to 18,

parenting strategies and adult learning modalities. [Learn more here](#), including how to apply and how to register for the **Dec. 20 information session** about this job.

## Stormy Weather Policy

When the weather outside is frightful, call (603) 422-8208 to see if Families First is open and if programs are taking place as scheduled. Press "1" for Health Center info and "2" for parenting and family programs. Whenever Portsmouth schools are delayed or closed, Families First cancels *morning* parenting classes, parent groups and playgroups, but other programs may still be on.



## Families First expands beyond Portsmouth

Families First has been awarded grants to provide parent and family programs in Western Rockingham County and the Hampton/Seabrook region. These will be held in various schools and community buildings. See our website for [info on January programs in Hampton, Seabrook and Raymond](#). In the future, look for parenting classes on topics like "*Who's in Charge in Your Home*," "*The Teen years are Coming*" and "*Smart Parents Prepare!*" There will also be a regular parent-child playgroup in Western Rockingham County, and our Parent Recharge group in Seabrook continues weekly. We thank our [funders](#) and collaborators who make these off-site programs possible.

## Short Stuff

- **Resource of the Month:** NH Children's Trust Fund's Parent Advocacy Newsletter ([latest issue](#), [subscribe](#))
- Dine at **Saunder's at Rye Harbor** on Friday nights throughout the winter, and a portion of that evening's food sales goes to Families First. See their [website](#) for directions and musical guests.
- Families First's [December volunteer newsletter](#) has info on the latest opportunities.

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