



Parenting and Family Programs

All parents and children are welcome at these programs. Unless otherwise noted, programs are free and include child care (see below). Advance signup is needed for all programs except Babytime and the Toddler and Preschool groups. Families First also offers medical care, dental care and individualized family support.

www.FamiliesFirstSeacoast.org ♦ 603-422-8208 (press 2) ♦ info@FamiliesFirstSeacoast.org

Community Campus, Portsmouth

— Parenting Classes —

TUESDAY EVENING CLASSES, 6:00-7:30 PM

- ♦ July 7-14: **Keeping the Peace: Helping Siblings Get Along.**

Learn the surprising underlying causes of rivalry, when to intervene, and strategies for handling kids' feelings and behavior.

- ♦ July 21-28: **1-2-3 Magic for all ages.**

-Using the 1-2-3 Magic Method
-More 1-2-3 Magic
-Surviving Your Adolescents

THURSDAY MORNING CLASSES, 9:30-11:00 AM

- ♦ 7/9 & 7/23: **How to Talk So Kids Will Listen.**

Cooperation and Alternatives to Punishment

— Parenting Groups —

GRANDPARENTING

This group is on vacation in July and August. It will be back in action on Wednesdays in September.

PARENT RECHARGE

1ST & 3RD THURSDAY EACH MONTH, 9:30-11:00 AM

— Family Programs —

TODDLER PLAYTIME (AGES 1 TO 2½ WITH PARENTS)

MONDAYS, 9:30-11 AM. \$5 per family.*

FAMILY FUN NIGHT (FOR FAMILIES UNDER STRESS)

MONDAYS, EXCEPT 7/13, 5:30-7:30 PM

BABYTIME (PRENATAL TO 1 YEAR, WITH PARENTS)

TUESDAYS, 10:00-11:30 AM

PRESCHOOL PLAYTIME (AGES 2½ TO 5, WITH PARENTS)

FRIDAYS, EXCEPT 7/3, 9:30-11:00 AM. \$5 per family.*

Other Locations

— Parenting Group —

PARENT RECHARGE (SEABROOK)

TUESDAYS, WEEKLY, 9:30-11:00 AM
SEACOAST YOUTH SERVICES, 867 LAFAYETTE ROAD

— Family Programs —

FAMILY MORNING OUT (EPPING)

WEDNESDAYS, 7/15 - 8/12, 9:30-11:00 AM,
EPPING ELEMENTARY SCHOOL, 17 PROSPECT ST.

Important Info on Child Care

All programs include free child care for children ages birth through 12 while a parent or guardian attends a program. Evening programs include dinner for children.



Reservations are required for child care. Advance notice is needed if you can't keep your reservation*. Call 603-422-8208 x-602.

*If you break a child care reservation without calling to cancel, limitations may be placed on your ability to make future child care reservations.

Would you like to receive this calendar by e-mail? Subscribe at www.FamiliesFirstSeacoast.org.

*If fees present a hardship for your family, please call 603-422-8208 ext. 125 to ask that your fees be waived or reduced. We sell punch cards for playgroups get 6 groups for the price of 5!