

Families First

support for families...health care for all



Parenting & Family Programs ♦ July 2010

All parents 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 except those marked with an * require advance signup.** Families First Health & Support Center also offers medical and dental care and individualized family support.

Community Campus, Portsmouth

— Parenting Classes —

Tuesday Evening Classes, 6-7:30 PM

July 6-27: How to Talk So Kids Will Listen... and Listen So Kids Will Talk

Grandparenting

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

Thursday Morning Classes

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

7/8: Handling Tantrums and Outbursts

7/22: Handling Testing and Manipulation

“Keeping Your Cool” Monthly Strategy Night

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

7/15: martial arts focusing to resist angry reactions

Infant Massage Classes

Thursday mornings 6/24 - 7/29, 11:15 AM - 12:15 PM

— Parent Groups —

Mother-to-Mother Postpartum Group

Tuesdays, 10-11:30 AM. Call (603) 422-8208 ext. 123.

Single Parenting

First Wednesday each month, 6-7:30 PM

7/7: Following Through When It's Only You

Parent Recharge 7/1 & 7/15

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

— Family Programs —

Toddler Playtime* (1-2½ with parents)

Mondays (except 7/5), 9:30-11. \$5 fee; can be waived.

Family Fun Night (for families under stress)

Mondays (except 7/5), 5:30-7:30 PM

Babytime* (prenatal to 1 year, with parents)

Tuesdays, 10-11:30 AM

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

Fridays, 9:30-11 AM. \$5 fee; can be waived.

Other Locations

— Parent Group —

Parent Recharge (SEABROOK)

Tuesdays, weekly, 9:30-11 AM

New summer location: June 29–August 24:
Seabrook Public Library, 25 Liberty St.

— Family Program —

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

Thursdays, July 15–August 12, 9:30-11 AM. **New**

summer location: Epping Elementary, Prospect St.

Includes informal Q&A with experts on these subjects:

7/15: Immunizations

7/22: School Readiness

7/29: Breathing and Relaxation

8/5: Preschool Behaviors and Challenges

8/12: Open Discussion

See You in September

These programs are taking a summer vacation. Please come back when they do, this fall!

- ♦ Parenting the Challenging Child series
- ♦ Raymond and Seabrook parenting classes



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