



# 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 sign-up 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](http://www.FamiliesFirstSeacoast.org) ♦ 603-422-8208 (press 2) ♦ [info@FamiliesFirstSeacoast.org](mailto:info@FamiliesFirstSeacoast.org)

## Community Campus, Portsmouth

### — Parenting Classes —

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

- ♦ 6/2: Summer safety and supervision
- ♦ 6/9: Give your kids a summer to remember
- ♦ 6/16 and 6/23: Easy routines and cooperation to make your life with kids flow
- ♦ 6/30: TV, Internet and video games: Making good choices and monitoring use

#### WEDNESDAY PM CHALLENGING CHILD SERIES

This series will resume in the fall, with topics including Individualized Education Plans (Sept. 9) and Understanding ADHD (Oct. 14).

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

- ♦ 6/11: Teeth: Tools to last a lifetime
- ♦ 6/25: Creating healthy respect in families

### — Parenting Groups —

#### GRANDPARENTING

1ST & 3RD WEDNESDAY EACH MONTH, 9:30-11:00 AM  
NOTE: This group will not meet in July or August.

#### PARENT RECHARGE

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

### — Family Programs —

**TODDLER PLAYTIME** (AGES 1 TO 2½ WITH PARENTS)  
MONDAYS, EXCEPT 5/25, 9:30-11 AM. \$5 per family.\*

**FAMILY FUN NIGHT** (FOR FAMILIES UNDER STRESS)  
MONDAYS, EXCEPT 5/25, 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, 9:30-11:00 AM. \$5 per family.\*

## Other Locations

### — Parenting Class —



#### THE TEEN YEARS ARE COMING: PREPARE FOR SUCCESS! (EXETER)

For parents of teens and pre-teens.  
TUESDAY, 6/9, 6:30-8:00 PM,  
NEW OUTLOOK TEEN CENTER

### — Parenting Group —

#### PARENT RECHARGE (SEABROOK)

TUESDAYS, WEEKLY, 9:30-11:00 AM  
JUNE 2: SEABROOK COMMUNITY CENTER,  
JUNE 9 THROUGH 30: SEACOAST YOUTH SERVICES,  
867 LAFAYETTE ROAD

### — Family Programs —

#### FAMILY PLAYTIME (EPPING)

MONDAYS, THROUGH JUNE 1ST (EXCEPT 5/25),  
12:30-2:00 PM, SAU BUILDING, 213B MAIN ST.

#### FAMILY MORNING OUT (HAMPTON)

WEDNESDAYS, THROUGH JUNE 17, 9:30-11:00 AM,  
HOBBS HOUSE AT TRINITY CHURCH, 200 HIGH ST.

#### FAMILY MORNING OUT (EPPING)

THURSDAYS, 5/28 THROUGH 6/18,  
9:30-11:00 AM,  
EPPING RECREATION CENTER,  
17 ACADEMY ST.



\*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!

**Would you like to receive this calendar by e-mail? Subscribe at [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org).**