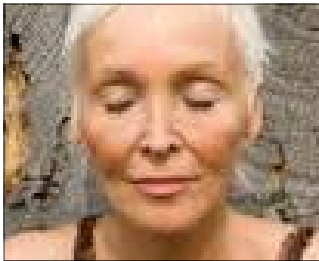


Keeping Your Cool: Monthly Strategy Night



July 15

Practice self-focus with a black-belt student of Isshin Karate Do.



August 19

Learn techniques that will help you resist angry reactions.

Facilitator: Joli Foucher of Elements Martial Arts

Families First

support for families...health care for all

- Date:** Third Thursday of each month
Time: 6:00-7:30 pm
Place: Community Campus, Portsmouth
Cost: Free!
Child care: Free for ages 12 and under with advance signup
More info: www.FamiliesFirstSeacoast.org
Advance signup required! Call 422-8208 (press 2)

Elements Martial Arts



Families First Health & Support Center is a nonprofit community health center providing health care and family services. Support for parenting and family programs in Portsmouth comes from The NH Department of Health and Human Services, the Foundation for Seacoast Health, Portsmouth Regional Hospital, NH Children's Trust Fund, United Way of the Greater Seacoast, Fuller Foundation, Portsmouth Community Development Block Grants, and the Towns of Rye, Greenland and Stratham.