

# *Parent Recharge*

*Build a little GROWNUP TIME into your week!*



*Take some time  
for yourself...  
to relax with  
other parents...  
while we take  
care of your kids!*

Enjoy activities designed to recharge you  
for your job as a parent.



- Date:** First and third Thursdays of each month  
**Time:** 9:30 to 11 a.m.  
**Place:** Community Campus, Portsmouth  
**Cost:** Free!  
**Child care:** Free for ages 12 and under with advance signup  
**More info:** [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org)  
**Advance signup required!** Call 422-8208 (press 2)



Families First is a nonprofit agency providing a broad range of health care and family support services. Parenting classes, family programs, children's programs and support groups at Families First are made possible by: State of New Hampshire, Foundation for Seacoast Health, United Way of the Greater Seacoast, Rockingham County Incentive Funds, Portsmouth Regional Hospital, NH Children's Trust Fund, Wheelabrator Technologies, Citizens Bank Foundation, Portsmouth Community Development Block Grants, Fuller Foundation, American Culinary Federation and Target.