



September 2009

[Google calendar](#)

[Program descriptions](#)

[PDF calendar](#)

Programs & News: 8-09

In This Issue

Program of the Month

Satisfied Customers

Children's Activity Idea of the Month

Golfers Needed

Food, Fun, Fitness Expo

Postpartum Group

Free Cancer Screenings

Resource of the Month

September Programs, at a Glance

Portsmouth:

This month only:

Troubleshooting Stress ... Managing Money in Tough Times ... "Not Like My Parents!" ... Basic Parenting ... Working with Your Child's School Around Special Learning Needs ... Getting Up and Out in the Morning ... Managing the Mess of Family Life

Ongoing: Parent Recharge ... Babytime ... Toddler Playtime ... Preschool Playtime ... Family Fun Night ... Grandparenting

Lower Seacoast: Parent Recharge ... Family Morning Out ... Family, Fun, Food and Fitness Expo ... Parenting Your Preschool/School-Age Child

Western Rockingham County: Family Morning Out ... Helping Kids Handle Transitions ...

For more about these programs, click below for information in your choice of three formats:



[Text descriptions and links to flyers](#)



Quick Links

[Our website](#)

[Volunteer info](#)

[Job postings](#)

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Program of the Month: Benefits & Services Connection

Do you know about all the benefits and services you could be getting at Families First? How about elsewhere in the community? Families First has trained care coordinators who will work with you one-on-one to see if you are eligible for many benefits and also help you get what you need to meet your goals for yourself and your family. Care coordinators can help you stretch your dollars by connecting you with services such as free or low-cost health insurance, prescription help, medical fee assistance, fuel assistance, affordable housing, transportation, child care scholarships, budgeting and credit repair and more! Call our Care Coordinators today to find out more at 603-422-8208 ext. 125, or see our brochure for info on benefits and services you could be receiving.

Families First
Health and Support Center

Do you know about all the benefits and services you could be getting?



Call one of our Care Coordinators TODAY to find out more!!

603-422-8208 ext. 125

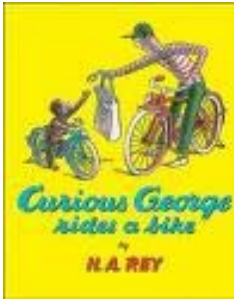
Families First Scores A+ on Patient Satisfaction

Once a year, the statewide Community Health Access Network puts an "Opinionmeter" machine in the checkout area at Families First and other community health centers to see how our patients rate us. We're proud to say that in the most recent survey, we scored at least 95% on all eight questions related to customer satisfaction, including:



- 100% said they felt comfortable asking the provider about their health care.
- 100% said they understood the information/instructions given in their visit.
- 98% were satisfied with the quality of the medical care they received.
- 100% would recommend Families First Health Center to their friends.

For information on becoming a Families First Health Center patient, call 603-422-8208 ext. 1.



Children's Activity Idea of the Month

1. Read *Curious George Rides a Bike*, by H.A. Rey.
2. Invite a friend over and make the newspaper boats/hats shown in the book.
3. Wear them for a parade and then put them in a pool to see if they float!

Golfers Needed

Golfers are invited to participate in Irish pub RíRá's first annual Charity Golf Classic, to benefit Families First, on Wednesday, Sept. 16, at The Links at Outlook Golf Course in South Berwick. An after-party will be held at the Portsmouth RíRá in Market Square, featuring a buffet, live band, raffle and auction of items such as U2 tickets; restaurant gift cards; a football signed by Eli, Peyton and Archie Manning; and more. Click [here](#) for registration and other details.



Family, Fun, Food and Fitness Expo

All families are welcome at the second annual Family, Fun, Food, and Fitness Expo, to be held Friday, Sept. 25, from 5:30 to 8:30 p.m. at the Seabrook Community Center. Enjoy a free homemade dinner and free activities while learning about health and family-related resources in the Seacoast area. There will be a grand door prize of a Wii Fitness system and a Wii Fit Game. The Expo is hosted by the Seabrook Recreation Department and sponsored by Families First and the Lower Seacoast Youth and Family Coalition. For more information, call 603-474-5746.

Help Adjusting to New-Motherhood

Coming this fall to Families First: Mother To Mother: A Postpartum Adjustment Group, for moms with postpartum depression, anxiety or other challenges beyond everyday



issues. These challenges are not unusual - 1 in 8 new mothers face them! If you do, please join us at this group, which is led by doulas and registered nurses. Babies are welcome; child care is provided for older children. For date and time of group, call 603-422-8208 ext. 2.

Free Cancer Screenings for Women

On September 15, Families First will offer free screenings for breast and cervical cancer for uninsured women who meet income guidelines. Appointments are needed; call 603-422-8208 ext. 222.

Resource of the Month: NAMI NH

Support and information for families who have a child or adolescent with a mental illness, from the [NH Chapter of the National Alliance on Mental Illness](#)

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