

Release Your Past - Create Your Future

A Workshop for Single Parents



Create a vision for your future

Learn what's preventing you from moving forward

Identify the steps to reach your goals

Facilitators: 3/10 and 3/17: **Irene Tomkinson, MSW**, local author of *Not Like My Mother - Becoming a Sane Parent After Growing up in a Crazy Family*
3/24 and 3/31: **Families First Staff**

Families First

support for families...health care for all

Date: Wednesdays, March 10 - 31, 2010
Time: 6:00-7:30 pm
Place: Community Campus, Portsmouth
Cost: Free!
Child care: Free for ages 12 and under with advance signup
Advance signup required! Call 422-8208 (press 2)
More info: www.FamiliesFirstSeacoast.org



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.