

Helping Children with Their Worries and Fears



Help your child with:

- ◆ Common (and not-so-common) fears
- ◆ Excessive worrying
- ◆ Coping skills to use on their own

A conversation with local psychologist and award-winning author Dawn Huebner, PhD

Families First

support for families...health care for all

- Date:** Wednesday, March 10, 2010
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)



Families First Health & Support Center is a nonprofit agency providing a broad range of 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, United Way of the Greater Seacoast, the NH Children's Trust Fund, the Fuller Foundation, Portsmouth Community Development Block Grants, and the Towns of Rye, Greenland and Stratham.