

# Families First

support for families...health care for all



## Parenting & Family Programs ♦ March 2012

All parents, grandparents, guardians and children are welcome at these programs, which are free unless otherwise noted. Families First Health & Support Center also offers medical and dental care and one-to-one family support. **More info, including program descriptions, is available at [FamiliesFirstSeacoast.org](http://FamiliesFirstSeacoast.org) or (603) 422-8208 x2. See "Notes" box, below, for important info on Registration, Child Care & Fees.**

### Community Campus, Portsmouth

#### — Parenting Classes and Groups —

**Parenting That Makes a Difference** Tues, 6-7:30 PM  
2/28-3/6 Understanding & Redirecting Misbehavior  
3/13-20 Winning Cooperation  
3/27-4/3 Responsibility & Discipline  
4/10-17 Building Courage, Character & Self-Esteem

**Parent Recharge** 1st, 3rd & 5th Thursdays, 9:30-11 AM  
Relax, unwind and recharge your parenting battery while we take care of your kids!

**Thursday Morning Parenting** 2nd & 4th, 9:30-11 AM  
3/8: Consequences That Teach Responsibility  
3/22: Families First hygienist Cindy Bishop

**Mother-to-Mother Connections (Postpartum Group)**  
Please call 422-8208 x123 for details.

#### — Family Programs —

**Toddler Playtime** (ages 1-2, with parents)  
Mondays, 9:30-11 AM. \$5\*. *Drop-ins OK.*

**Family Fun Night** (for families under stress)  
Mondays, 5:30-7:30 PM. Call 422-8208 x123.

**Babytime** (prenatal to 1 year, with parents)  
Tuesdays, 10-11:30 AM. *Drop-ins OK.*

**Terrific Twos Playtime** (ages 2 to 3, with parents)  
Wednesdays, 9:30-11 AM. \$5 fee\*. *Drop-ins OK.*

**Preschool Playtime** (ages 3 to 5, with parents)  
Fridays, 9:30-11 AM. \$5 fee\*. *Drop-ins OK.*

Please visit our website for more on these programs ("Parent/Family Programs"); for info on medical and dental care at Families First; and to sign up to get this calendar by e-mail each month.

### Western Rockingham County

#### Who's in Charge in Your Home?

Wednesdays, March 14-28, 6:30-8, Epping Elementary  
The ABCs of Being in Charge; Using 1,2,3 Magic; and How to Talk so Kids will Cooperate.  
603-679.8018 x448.

**Family Morning Out** (0-6, with parents)  
Thursdays (except 3/1), 9:30-11 AM, Epping Rec. Center

Are you interested in any of these topics?

- ♦ Parenting Teens
- ♦ Blended Families
- ♦ Keeping Your Cool
- ♦ Parenting After Divorce/Separation

Call Joanna to get on the list: 422-8208 x123

### Notes

**Advance Registration:** Advance signup is needed for all programs (unless "Drop-Ins OK" is noted). Advance signup is ALWAYS needed for child care. Call 603-422-8208 (press 2).

**Child Care:** Free child care is offered (with advance signup) for children ages birth through 12 while a parent or guardian attends a program. Evening programs at the Community Campus include dinner for kids! Call 603-422-8208 (press 2).

**\*Fees:** If no fee is listed, the program is free. Families First Health Center patients and Home Visited clients *never* have to pay fees! Fees for classes (but not for family programs) must be paid in advance. Fee for second household member is half-price. Payment plans available; call 422-8208 x123.