



Parenting and Family Programs

All parents and children are welcome to these programs. Unless otherwise noted, programs are free and include child care. Advance signup is needed for all programs except Babytime and the Toddler and Preschool groups. Families First also offers medical care, dental care and individualized family support.

Community Campus, Portsmouth

— Parenting Classes —

TUESDAY EVENING CLASSES, 6:00-7:30 PM
10/6-10/27: Discipline: Talk and Action that Work

CHALLENGING CHILD SERIES
2ND WEDNESDAY EACH MONTH, 6:00-7:30 PM
10/14: Understanding ADHD

THURSDAY MORNING CLASSES, 9:30-11:00 AM
10/8 AND 10/22: "But I WANT It!!! Now!!!"

— Parenting Groups —

MOTHER-TO-MOTHER POSTPARTUM GROUP
NEW!!! TUESDAYS, BEGINNING 10/13, 10-11:30 AM
For mothers experiencing depression or anxiety after new baby. Advance signup: (207) 363-1379 x2

GRANDPARENTING
1ST & 3RD WEDNESDAYS, 9:30-11:00 AM

PARENT RECHARGE
1ST & 3RD THURSDAY EACH MONTH, 9:30-11:00 AM

— Family Programs —

DOMESTIC ABUSE RECOVERY PROGRAM
NEW!!! TWELVE-WEEK PROGRAM STARTS OCT. 8TH
For mothers and their children (ages 7-13) who have experienced domestic abuse. Child care provided for younger children. Call 422-8208 x123.

TODDLER PLAYTIME (1-2 1/2 WITH PARENTS)
MONDAYS; 9:30-11 AM. \$5*

FAMILY FUN NIGHT (FOR FAMILIES UNDER STRESS)
MONDAYS (EXCEPT 10/12); 5:30-7:30 PM

BABYTIME (PRENATAL TO 1 YEAR, WITH PARENTS)
TUESDAYS; 10:00-11:30 AM

PRESCHOOL PLAYTIME (AGES 2 1/2 TO 5, WITH PARENTS)
FRIDAYS; 9:30-11:00 AM. \$5*

Other Locations

— Parenting Classes —

WEDNESDAY EVENING CLASSES (RAYMOND)
WEEKLY, 6:00-7:30 PM. RAYMOND BAPTIST CHURCH, COMMUNITY BUILDING, 145 ROUTE 27

THURSDAY EVENING CLASSES (SEABROOK)
WEEKLY, 6:00-7:30 PM, SEACOAST YOUTH SERVICES, 867 LAFAYETTE ROAD

LIVING WITH TEENS AND PRETEENS (EXETER)
THIRD WEDNESDAY EACH MONTH, 6:30-8:00 PM
NEW OUTLOOK TEEN CENTER, 120 FRONT STREET

— Parenting Group —

PARENT RECHARGE (SEABROOK)
TUESDAYS, WEEKLY, 9:30-11:00 AM
SEABROOK COMMUNITY CENTER, 311 LAFAYETTE RD.

— Family Programs —

FAMILY MORNING OUT (EPPING)
(BIRTH TO 6 WITH PARENTS) THURSDAYS, (EXCEPT 9/24), 9:30-11:00 AM, EPPING RECREATION CENTER, 17 ACADEMY STREET

FAMILY MORNING OUT (HAMPTON)
(BIRTH TO 6 WITH PARENTS) WEDNESDAYS, 9:30 TO 11 AM, HOBBS HOUSE, TRINITY CHURCH, 20 HIGH ST.

— Family Event —

FAMILY, FOOD AND FUN EXPO (SEABROOK)
FRIDAY, 9/25, 5:30 TO 8:30 PM, SEABROOK COMMUNITY CENTER. CALL 603-474-5746.

*If you cannot afford these fees, please call 603-422-8208 ext. 125 to ask that your fees be waived or reduced.

Would you like to receive this calendar by e-mail? Subscribe at www.FamiliesFirstSeacoast.org.