

GREATER SEACOAST COMMUNITY HEALTH

Goodwin
Community Health

Families
First

Lilac City
Pediatrics

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Parenting is one of the hardest and most important jobs there is.

The Family Center can help you build your network of support, connect to local resources, manage stress, learn about child development and expand your parenting toolbox.

All parents, grandparents, foster parents and relative caregivers with children of any age are welcome.

These programs and services are free and are offered online, by phone and in-person, both indoors and outdoors.

To learn more, give us a call or visit GetCommunityHealth.org.

FIND MORE INFO ON FAMILY CENTER PROGRAMS

(603) 422-8209

GetCommunityHealth.org/Services



Family Focus newsletter

tinyurl.com/FamilyFocusSignup



GoodwinCommunityHealth
Families1st
groups/GSCHParents



Parent and Family Programs

Winter 2023



(603) 422-8209

GetCommunityHealth.org/Services

Parent & Family Programs

All families are welcome. All services are free.

Home Visiting

Your home visitor will help you set goals and move forward to achieve them, connect with local resources, and support your children as they grow and learn.

You may meet with your home visitor at home, outdoors (weather-permitting), in the community, at Families First or Goodwin Community Health, or online.

Call us to learn more or to sign up:
(603) 422-8209 option 3.

Kinship Caregiver Support

Our Kinship Navigator provides resources, information and support to grandparents and other relatives who are raising children in New Hampshire. Call (603) 422-8209 option 5.

Winter 2023 Classes & Groups

For details, program updates and to sign up, call (603) 422-8209, visit GetCommunityHealth.org (Services/Parenting Classes section), or scan the QR code at right. Masks required for over age 2.



Parenting Classes

- Kids Say Yes to Fruits and Veggies | Families First, Portsmouth | Jan. 9 @ 9:30 a.m.
- Positive Solutions for Families | Online | Wednesdays, Jan. 18 thru March 1 @ 5:30 p.m.
- Gender 101 | Families First, Portsmouth, & Online | Feb. 9 @ 5:30 p.m.
- Child & Adolescent Bullying Workshop | Goodwin, Somersworth, & Online | Feb. 28 @ 5:30 p.m.
- Into to Mindfulness | Families First, Portsmouth | Mondays, March 27 thru April 3 @ 9:30am
- Communication is Key | Online | Wednesdays, March 15, April 19, May 17 @ 6 p.m.

Support Groups

- Parents & Caregivers of Children with an Incarcerated Parent | Online | last Mondays @ 7 p.m.
- Grandparents Connect | Idlehurst School, Somersworth & Online | 2nd & 4th Tuesdays @ 9:30 a.m.

Playgroups in Portsmouth, Somersworth, Exeter and Epping

- Babytime (ages 0-1) | Families First, Portsmouth | Dates TBD
- Family Morning Out: Portsmouth | Families First | Wednesdays @ 9:30 a.m.
- Family Morning Out: Exeter | Parks & Rec Building | Thursdays @ 9:30 a.m.
- Family Morning Out: Somersworth | Idlehurst School | Fridays @ 9:30 a.m.
- Family Morning Out: Epping | SAU Building | Fridays @ 9:30 a.m.