

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

Spring/Summer 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 somewhere that is convenient for you, such as your home, elsewhere in the community, 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.

Spring/Summer 2023 Classes & Groups

Please call us or check our website for important program descriptions, updates, registration info and schedule changes.

Call (603) 422-8209, scan the QR code at right, or visit GetCommunityHealth.org (Services > Parenting Classes & Programs).



Parenting Classes

Here are some of the upcoming class topics for Spring/Summer 2023. Check our website for more.

- Shopping on a budget
- Special education
- Positive solutions for families
- Communication strategies

Support Groups

- Caregivers of Children with an Incarcerated Parent | Online | 6/5, 6/26, 7/31, 8/28 @ 7 p.m.
- The Families We Make: Coffee and Company | Online and at Idlehurst School, Somersworth
2nd & 4th Tuesdays @ 9:30 a.m.

Playgroups in Portsmouth, Somersworth, Exeter and Epping

- Babytime (ages 0-1) | Idlehurst School, Somersworth | Wednesdays 10-11:30 a.m.
- Family Morning Out: Portsmouth | Families First | Wednesdays @ 9:30 a.m.
- Family Morning Out: Exeter | Parks & Rec Building | Thursdays @ 9:30 a.m. (thru 6/8)
- Family Morning Out: Somersworth | Idlehurst School | Fridays @ 9:30 a.m.
- Family Morning Out: Epping | SAU Building | Fridays @ 9:30 a.m. (thru 6/9)