

Mother-to-Mother Connections



- Offering support for women and their babies during their first year together.
- Come be with other mothers who know what it's like, in a non-judgmental, caring space.
- Led by women trained in birth and post-partum care.

Families First

support for families...health care for all

Date: Thursday mornings, starting October 21, 2010

Time: 9:30 - 10:30am

Place: Community Campus, Portsmouth

Cost: Free!

Child care: Free for older siblings with advance signup.

More info: www.FamiliesFirstSeacoast.org

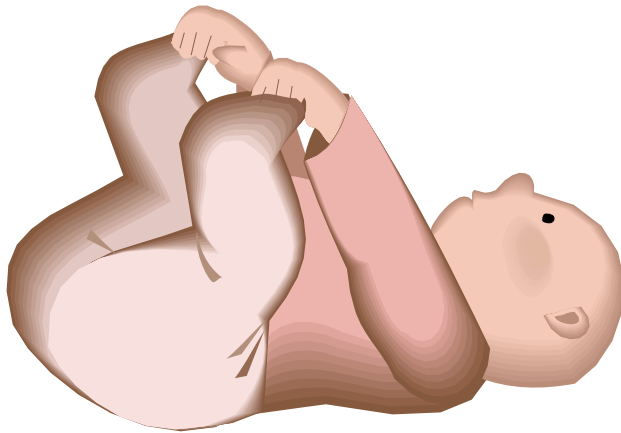
Advance signup required! Call 603-422-8208 (ext. 123)

**Meets in
Campus
Library**

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

IT'S BABYTIME!

A great time for you and your baby to play and learn with other parents



- ◆ For MOMS, DADS, and babies from birth to 1 year. Expectant parents welcome too!
- ◆ Child development topics
- ◆ Activities each month with a child development specialist
- ◆ Parent support

Families First

support for families...health care for all

Date: Every Tuesday
Time: 10:00 to 11:30am
Place: Community Campus, Portsmouth
Cost: Free!
Free child care available with advance signup
To register, call: 603-422-8208 (press 2)
www.FamiliesFirstSeacoast.org



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