



family resource center

### Our Mission

The HUB Family Resource Center provides families with educational programs and support services which enhance their ability to raise healthy children in caring homes.

**SYC**  
**Somersworth Middle School**  
**After-School Program**  
 For more information, call 692-2126 X 209

**FALL**  
**Sept. 7 - Nov. 19, 2010**  
 For more information call 749-9755 X 10  
 Issue Date August 16th

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
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**Kids in Action**  
 A Community Partners Program  
 Every Monday Morning  
 Starting Sept. 13th  
 9:30am - 11:00am  
 McConnell Center (MCC)  
 61 Locust St., Dover  
 \$40 for 10 week session or \$5 per class.  
*Registration is required. Please call Nicole Gagnon at 516-9356.*

**Strengthening Families\***  
 Seven week class  
 Oct. 4 - Nov. 15  
 5:30pm - 8:00pm  
 Families First  
 100 Campus Drive  
 Portsmouth  
 \$35 per family  
*Registration is required. Please call 749-9755 X 10.*

**IMPORTANT INFORMATION**

- **\*Indicates that free childcare is provided.**
- **No group or classes from Nov. 19th to Nov. 29th**
- **Programs are subject to change.**
- **For program registrations, questions or fee information, call Lisa Paone: 749-9755 X 10 or [lpayne@hubfamilies.org](mailto:lpayne@hubfamilies.org)**
- **For program information & directions: [www.hubfamilies.org](http://www.hubfamilies.org)**

**Crafty Kids Playgroup**  
 Every Tuesday Morning  
 9:30am - 11:00am  
 McConnell Center (MCC)  
 61 Locust St., Dover  
 \$5 per family  
*No registration required.*

**Just Like Me!**  
 Funded by the Women's Fund of NH  
 Six week class  
 Oct. 12 - Nov. 16  
 5:30pm - 7:30pm  
 Rochester Community Center (RCC)  
 150 Wakefield St.  
 FREE!  
*Registration is required. Please call 749-9755 X 10.*

**Parenting the School Age Child\***  
 Funded by FAMEE  
 Six week class  
 Oct. 12 - Nov. 16  
 5:30pm - 7:30pm  
 Henry Wilson Middle School (HWMS)  
 51 School Drive, Farmington  
 FREE!  
*Registration is required. Please call 749-9755 X 10.*

**Young Parents Group\***  
 Every Monday Morning  
 9:30am - 11:00am  
 Somersworth Youth Safe Haven (SYSH)  
 9 Bartlett Ave.  
 \$5 per family  
*No registration required.*

**Positive Parenting 101**  
 Eight week class  
 Sept. 29 - Nov. 17  
 9:30am - 11:00am  
 Rochester Community Center (RCC)  
 150 Wakefield St.  
 Please call for fee information.  
*Registration is required. Please call 749-9755 X 10.*

**Dad's Group\***  
 Funded by Garrison Women's Health Center  
 Every Wednesday Evening  
 6:00pm - 7:30pm  
 Rochester Community Center (RCC)  
 150 Wakefield St.  
 \$5 per week  
*No registration required.*

**Rapp**  
 Offered once a month on Wednesday evenings.  
 Sept. 8, Oct. 6 & Nov. 3  
 5:30pm - 7:00pm  
 McConnell Center (MCC)  
 61 Locust St., Dover  
 FREE!  
*Registration is required. Please call 749-9755 X10.*

**Crafty Kids II Playgroup**  
 Every Thursday Morning  
 9:30am - 11:00am  
 Rochester Community Center (RCC)  
 150 Wakefield St.  
 \$5 per family  
*No registration required.*

**Strengthening Families\***  
 Seven week class  
 Oct. 7 - Nov. 18  
 5:30pm - 8:00pm  
 McConnell Center (MCC)  
 61 Locust St., Dover  
 \$35 per family  
*Registration is required. Please call 749-9755 X 10.*

**SATURDAYS**

**Conscious Fathering™**  
 A class offered on ONE Saturday-quarterly.  
 October 23rd  
 9:00am - 12:00pm  
 McConnell Center (MCC)  
 61 Locust St., Dover  
 \$40 per participant  
 Next Class is in January  
*Registration is required. Please call 749-9755 X 10.*

**If fees present a hardship for your family, please call ahead to discuss alternative arrangements.**

### **Mondays - Young Parents Group**

An ongoing support group for new and expectant parents up to age 25. Participants will have the opportunity to:

- Meet other young parents who are facing the same challenges
- Gain valuable parenting insights from an experienced HUB parent educator
- Share in a light snack and relaxation with other young parents while your children play in the next room, engaged by experienced HUB child care providers.

### **Mondays - Kids in Action Playgroup (A Community Partners Program, at the HUB!)**

- A language based structured playgroup opportunity for children 18 months to 3 years of age and their families.
- Including free play, circle time, creative & movement activities with an opportunity for parents to meet with a parent group facilitator. For more information and to register for Kids in Action, please call Nicole Gagnon at 516-9356.

### **Mondays - Strengthening Families - A seven week class at Families First, Portsmouth, NH**

- A family program designed for children and parents to explore new and positive ways to create peace and harmony at home.
- Separate curriculums are offered for children and parents to talk freely about communication patterns, discipline, routines & family rituals.
- Children & parents rejoin one another after each session for a communication debrief and brainstorming on outcomes and goals.

### **Tuesdays - Crafty Kids Playgroup, Dover, NH AND Thursdays in Rochester, NH**

An ongoing playgroup where children ages 1-5 and parents enjoy the art process together and create something new!

- Children are encouraged to explore different textures, colors and other art mediums to create a unique keepsake.
- Parents and children learn new ways to connect through arts and crafts.
- By making their own choices, children feel empowered and gain confidence in themselves while parents learn ways to continue at home!

### **Tuesdays - Parenting the School Age Child - A six week class**

A parent education class designed to teach parents ways to keep their kids engaged and active in school and home. Parents will learn:

- Habit-forming routines for the whole family to follow surrounding homework and outside activities
- Communication strategies for both parent-to-child and child-to-parent about school, friends and home life.
- Self-esteem boosters to ensure your children feel good about themselves at home and at school.

### **Tuesdays - Just Like Me - A six week class**

A parent education class for pre-teen girls and their parents. This class will address:

- Self-esteem issues with girls
- Confidence building during a major growth period for young girls into women.
- Peer pressure and effective ways to curtail this influence in young women.

### **Wednesdays - Dad's Group**

An ongoing group open to fathers and father-figures with children of all ages. Topics are group driven and can include:

- Learning to connect with your children, even if you live in separate households.
- Communicating with your teenagers in a way that they will listen.
- Making the most of your time with your children when work and other stressors make this challenging.

### **Wednesdays - Young Parents Group**

An ongoing support group for new and expectant parents up to age 25. Participants will have the opportunity to:

- Meet other young parents who are facing the same challenges
- Gain valuable parenting insights from an experienced HUB parent educator
- Share in a light snack and relaxation with other young parents while your children play in the next room, engaged by experienced HUB child care providers.

### **Wednesdays - RAPP, Relatives as Parents**

A group dedicated to grandparents or other relatives, parenting the second time around. Topics will include:

- Strategies for welcoming your child in to *your* home.
- Navigating the school and health systems as the new guardian.
- Love and discipline in this new, faster paced world of risky behavior, peer pressure and the internet!

### **Wednesdays - Positive Parenting 101- An eight week class**

A parenting class for all parents focusing on discipline.

- Topics are group driven, designed to encompass all age groups of children focusing on discipline techniques and strategies that work for the entire family.
- Establishing rituals & routines to make dinner time, nap time, bed time, homework and social time go more smoothly for the entire family.

### **Thursdays - Strengthening Families - A seven week class, Dover, NH**

- A family program designed for children and parents to explore new and positive ways to create peace and harmony at home.
- Separate curriculums are offered for children and parents to talk freely about communication patterns, discipline, routines & family rituals.
- Children & parents rejoin one another after each session for a communication debrief and brainstorming on outcomes and goals.

### **Saturdays - Conscious Fathering Class**

This class introduces the baby basics for fathers and their partners, focusing on the first three months of a babies life. Participants will learn:

- The five basics needs of a baby: how to comfort a baby when crying, how to diaper a baby, how to feed a baby, how to burp your baby, and how to recognize and be comfortable with a resting baby.
- Fathers will learn what “defining their fatherhood” means & how this will positively affect a fathers relationship with their child, for life!
- How to provide support to their partner by learning how to nurture not only the new baby in their life, but simple ways to make their partners day and night go more smoothly.