



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

Spring
March 29th - June 25th
 Issue Date February 23
 For more information call 749-9755 X 10

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>RIF Story Time March 29th 9:30am - 11:00am McConnell Center-Dover FREE!</p> <p>Bring your little ones to our story telling session and book giveaway. You and your children will bond while enjoying stories read aloud, led in movement and song and treated to a fun craft. No registration required.</p>	<p>Crafty Kids Playgroup Every Tuesday Morning 9:30am - 11:00 am McConnell Center - Dover \$5 per family No group: April 20</p> <p>Parents and children of all ages create art projects where we focus on the process, not the product. Great for children ages 1-5! No registration required.</p>	<p>Parenting Connections* <i>Formerly Known As Kid Talk</i> Every Wednesday Morning 9:30am - 11:00am McConnell Center - Dover \$5 per family No group: April 21</p> <p>Talking with other parents about the ages and stages of children is a great way to learn new parenting techniques. Join with other parents to share the joys and challenges of parenting. Parents meet in one room, while the children's program staff offers fun and creative activities for the kids in the child care space in the next room. No registration required.</p>	<p>Kids in Action Every Thursday Morning 9:30am - 11:00am McConnell Center - Dover FREE! No group: April 22</p> <p>A language based structured playgroup opportunity for children 18 months to 3 years of age and their families. This program includes free play, circle time, creative and movement activities with an opportunity for parents to meet with a parent group facilitator. Registration is required. Please call Nicole Gagnon at 516-9356</p>	<p>Bouncing Babies Playgroup* Every Friday Morning 10:00am - 11:00am McConnell Center - Dover FREE! No group: April 23</p> <p>For parents & babies from birth to crawling. Meet other parents, share milestones, and learn about infant development. Siblings Welcome! No registration required.</p>
<p>Young Parents Group* Every Monday Night 5:30pm - 7:00pm McConnell Center - Dover FREE! No group: April 19 & May 31</p> <p>A parent education group for young parents and parents-to-be. A light meal is provided. No registration required.</p>	<p>Cooperative Parenting Six Week Class March 9 - April 13 5:30pm - 7:00pm McConnell Center-Dover</p> <p>A program designed to assist divorced or separating parents in reducing parental conflict and the risk factors that influence the child's post-divorce adjustment. A light snack is shared. Registration and \$25 deposit required. Please call 749-9755 x 10. Call for fee information or scholarship availability.</p>	<p>Dad's Group* Sponsored by Garrison Women's Health Center www.gwhc.com Every Wednesday Night 6:00pm - 7:30pm Rochester Youth Safe Haven 9 Cold Spring Manor \$5 per family No group: April 21</p> <p>Topics include but not limited to: Positive Discipline, building self-esteem in children, setting family routines, consequences and rewards. Facilitated by a HUB parent educator. Open to fathers and father-figures with children of all ages. A light meal is shared. No registration required.</p>	<p>Strengthening Families* Seven Week Class April 29th - June 10th 5:30pm - 8:00pm Somersworth Middle School FREE!</p> <p>A class designed for families and children age 10-14 years old. This class offers families an opportunity to come together to explore topics such as child development, discipline, communication patterns and family rituals. Parent curriculum offered and curriculum offered for children ages 10-14. A light meal is shared. Child care is offered for younger siblings. Registration is required. Please call 749-9755 x 10</p>	<p>Crafty Kids II Playgroup Every Friday Morning 9:30am - 11:00am United Church of Christ, Rochester \$5 per family No group: April 23</p> <p>Parents and children create art projects where we focus on the process, not the product. Great for children ages 1-5! No registration required.</p>
<p>Parenting the Young Child * Five Week Class April 26 - May 24 9:30am - 11:00am McConnell Center - Dover</p> <p>Families with children age 0-5 will discuss topics such as health, nutrition & development of their young children. Other topics include early learning strategies to help prepare their children for school, positive discipline techniques and the importance of establishing routines and traditions for the entire family to benefit from. Registration is required. Please call 749-9755 X 10. Call for fee information or scholarship availability.</p>	<p>Just Like Me* Funded by the Women's Fund of New Hampshire Six Week Class March 16 - April 27 5:30pm - 7:00pm Dover Housing Authority FREE! No class: April 20</p> <p>A program for pre-teen girls ages 9-12 and their parents. This class addresses a variety of topics including self-esteem, confidence building and peer pressure among women in our society today. Registration is required. Please call 749-9755 X 10.</p>	<p>Nurturing Fathers Six week class April 28 - June 2 6:00pm - 7:30pm Rochester Youth Safe Haven</p> <p>For dads who want to cultivate and support the attitudes and skills for male nurturance - to benefit men, children and family relationships. Registration is required. Please call 749-9755 X 10. Call for fee information or scholarship availability.</p>	<p>The HUB has a new website! www.hubfamilies.org</p> <ul style="list-style-type: none"> • Register for classes • Special event information • Program news • Upcoming classes • Online donations • Directions to program & class locations • Calendar changes and cancellations <p>Parenting is hard, but our website doesn't need to be. It is designed to make accessing our information easy for you.</p>	<p>Saturdays</p> <p>Conscious Fathering™ Saturday morning April 17th One time class, offered on Saturdays - quarterly. 9:00am - 12:00pm McConnell Center - Dover</p> <p><i>Conscious Fathering™</i> is a 3-hour class that covers the basic skills needed to properly care for infants from birth to three months, focusing on their physical needs as well as their health and development. Register is required. Please call 749-9755 x10.</p> <p>These may be the most important three hours of your life!</p>

Important Information

- *Indicates that free childcare is provided.
- No groups or classes the week of: April 19th-24th & Monday, May 31st
- For program information & directions, go to www.hubfamilies.org
- Programs are subject to change.
- For program registrations and fee information or questions please call Lisa Paone, 749-9755 X 10

If fees present a hardship for your family, please call ahead to discuss alternative payment 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 - Parenting the Young Child - A five week class

A parent education class for parents with children age 0-5 years old. Parents will learn:

- The importance of good nutrition for their developing baby and toddler and how to make good food choices that don't break your bank account.
- How to begin to shape their child's perception of learning by reading books and playing games designed to stimulate their imagination and interest in learning.
- How to establish rituals and routines to make dinner time, nap time and bed time go more smoothly for the entire family.

Tuesdays - Crafty Kids Playgroup Dover, NH Fridays - Crafty Kids Playgroup II 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

Tuesdays - Cooperative Parenting - A six week class

A parent education class for divorcing or separating parents. This class teaches parents ways to:

- Reduce parental conflict in front of children
- Reduce risk factors that influence a child's post-divorce behavior
- Offers communication strategies for the co-parents to ensure a smooth post-divorce adjustment for the entire family.

Tuesdays - Just Like Me! - A six week class

A parent education class for parents of pre-teen girls 9-12 years old, tackling this exciting and challenging developmental stage of growth and development.

- Self-esteem, body image and peer pressure are discussed as it relates to girls and the pressures they face in this rapid developmental stage.
- Parents will learn strategies to navigate the hormonal changes in their pre-teen girls as emotional needs are at a high level.
- Parents will discuss ways to build confidence and instill good decision making in their pre-teen girls.

Wednesdays - Parenting Connections, formerly known as Kid Talk BACK BY POPULAR DEMAND!

An ongoing support group for parents with children of all ages. Parents will sit comfortably in our parent education room with a HUB parent educator to discuss topics that are of interest to the group. Young children will be cared for by HUB childcare program staff engaged in fun and creative activities in the room next door.

- My child is starting to potty train, but it is taking forever! What have other parents done to make this process quicker and easier?
- We don't have a bedtime routine and we are exhausted. How do parents successfully get their kids to bed at a decent hour for the whole family?
- My child is so shy at school I am afraid that she is not making any friends. Has anyone gone through this before?

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 - Nurturing Fathers - A six week class

A parent education class designed for dads who want a closer bond with his children and family around him. Dads will learn:

- How to tap into and become a nurturing father at any stage of his children's life.
- The ways in which male nurturance benefits his whole family: children, partner and grand-children.
- How to model behavior for his own children to grow and embrace a loving and thoughtful relationship with all members of the family.

Thursdays - Kids in Action Playgroup

A playgroup facilitated by Community Partners. For more information please call Nicole Gagnon at 516-9356.

Thursdays - Strengthening Families - A seven week class

A class designed for families and their children age 10-14 years old. Parents and children follow separate curriculums and then are brought together to share.

- Parents and children will learn coping mechanisms during this rapid growth stage when attitudes and emotional needs are challenging to all members of the family. Risky behaviors surrounding substance abuse and good decision making will also be touched upon.
- Setting age-appropriate parental expectations and learning emotional management skills for both parents and children.
- Parents will learn positive parent-child affect and empathy towards their rapidly developing child.

Fridays - Bouncing Babies Playgroup BACK BY POPULAR DEMAND!

An ongoing playgroup for parents with newborn infants to babies who are crawling. This group addresses the first year (or so) of life and the changes that are taking place developmentally in your new baby, and you! Older siblings are welcome and are cared for by HUB childcare staff engaged in fun and creative activities in the room next door.

- Parents will connect with other parents of new babies to exchange information, insights and resources that are frequently needed by parents.
- Our HUB parent educator can address developmental questions about your growing baby.
- Topics covered in this group are sleeping through the night, breast feeding, communicating with your partner and balancing your needs as a person with those of your family.

Saturdays - Conscious Fathering

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 and how this will positively affect a fathers relationship with their child for the rest of their 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.