

**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

**Winter**  
**November 30th - March 12th**  
 Issue Date 11/3/09

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
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**Young Parents Group\***  
 Every Monday Night  
 5:30 - 7:00 pm  
 McConnell Center - Dover  
**FREE!**  
 No group: December 28, January 18, February 22

A parent education group for young parents and parents-to-be up to the age of 25. A light snack is shared.  
*No registration required.*

**Parenting the School-Age Child**  
 Monday mornings from January 4th - February 15th  
 A six week class.  
 9:30-11:00 am  
 McConnell Center - Dover  
 No class January 18th

Keeping kids engaged and interested in school starts with healthy habits at home. This family focus class teaches parents strategies for responsive discipline, self-esteem issues and ways for children to adapt to change.

**Registration required. Please call 749-9755 X 10.**

**Crafty Kids Playgroup**  
 Every Tuesday Morning  
 9:30 - 11:00 am  
 McConnell Center - Dover  
 \$5 per family  
 No group: December 29, February 23

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.*

**Discipline & Family Literacy Workshops**  
 Tuesday evenings  
 January 12th & 19th  
 March 2nd & 9th  
 5:30 - 7:30 pm  
 Farmington - Location TBD  
*Sponsored by the Farmington 21st Century Afterschool Program*

January 12th  
**Why is my child misbehaving?**  
 January 19th  
**Use of Natural and Logical Consequences**  
 March 2nd & 9th  
**Family Literacy Nights**

Please call the HUB for more information and program locations - 749 - 9755 X 10

**Parenting Connections\***  
*Formerly Known As Kid Talk*  
 Every Wednesday Morning  
 9:30 - 11:00 am  
 McConnell Center - Dover  
 \$5 per family  
 No group: December 30, February 24

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.*

**Dad's Group\***  
 Sponsored by Garrison Women's Health Center  
[www.gwhc.com](http://www.gwhc.com)  
 Every Wednesday Night  
 6:00 - 7:30 pm  
 Rochester Youth Safe Haven  
 9 Cold Spring Manor  
 \$5 per family  
 No group: December 30, February 24

Come and discuss the joys and challenges of being a father. Facilitated by a HUB parent educator. Open to fathers and father-figures with children of all ages. A light snack is shared.  
*No registration required.*

**Cooperative Parenting & Divorce**  
 Thursday evenings from January 7th - February 11th  
 A six week class.  
 5:30 - 7:30 pm  
 McConnell Center - Dover

**MUST ATTEND ALL CLASSES FOR CERTIFICATE OF COMPLETION**

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.

**Registration required. Please call 749-9755 x 10.**

**The HUB has a new website!**  
 Go to [www.hubfamilies.org](http://www.hubfamilies.org) to

- Register for classes
- Special event information
- Program news
- Upcoming classes
- Online donation capabilities
- Directions to program & class locations
- Calendar changes and cancellations

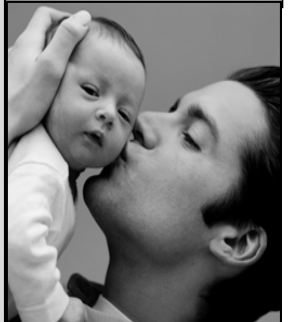
Parenting is hard, but our website doesn't need to be. It is designed to make accessing our information easy for you.

**Bouncing Babies Playgroup\***  
 Every Friday Morning  
 9:30 - 11:00 am  
 McConnell Center - Dover  
**FREE!**  
 No group: December 25, January 1, February 26

For parents & babies from birth to crawling. Meet other parents, share milestones, and learn about infant development. *Siblings Welcome!*  
*No registration required.*

**Crafty Kids II Playgroup**  
 Every Friday Morning  
 9:30 - 11:00 am  
 United Church of Christ, Rochester  
 \$5 per family  
 No group: December 25, January 1, February 26

Parents and children create art projects where we focus on the process, not the product. Great for children ages 1-5!  
*No registration required.*



**Saturdays**

**Conscious Fathering™**  
 Saturday morning  
 January 23rd  
 One time class, offered on Saturdays - quarterly.  
 9:00 - 12:00 pm  
 McConnell Center - Dover

*Conscious Fathering™* 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 by calling Lisa Paone 749-9755 x10.

These may be the most important three hours of your life!

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

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**IMPORTANT PROGRAM INFORMATION**

- ▶ **\*Indicates that free childcare is provided.**
- ▶ **No groups or classes during these dates:**  
 December 24 through January 3  
 January 18  
 February 22 through February 26
- ▶ **Program information & directions, go to [www.hubfamilies.org](http://www.hubfamilies.org)**
- ▶ **Programs are subject to change.**
- ▶ **For program registrations and fee information or questions please call Lisa Paone, 749-9755 X 10**



“These HUB classes seem great, but what will I get out of them? How will I become a better parent to my children?”

### **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 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 - Crafty Kids Playgroup Dover, 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

### **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.

### **Thursdays - Cooperative Parenting & Divorce- 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.

### **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 program 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 frequently 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.

### **Fridays - Crafty Kids Playgroup II Rochester, NH**

This group is the same group we have on Tuesdays, only located in Rochester!

### **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.
- Fathers will learn 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.

Check out our new website at  
[www.hubfamilies.org](http://www.hubfamilies.org)