



**January 23 – March 30**  
**2012**  
For more information call  
**(603) 994-0012**  
Issue Date January 5, 2012



MONDAYS	TUESDAYS	THURSDAYS	FRIDAYS
<p><b>Cooperative Parenting &amp; Divorce</b></p> <p>Five Week Class Feb. 20 - March 26 No class Feb. 27 6:00pm-7:30pm Rochester Community Center (RCC) 150 Wakefield St. \$50 per participant</p> <p><b>Registration is required. Please call 994-0012 to register, fee information &amp; scholarship availability.</b></p>	<p><b>Healthy Families Nutrition Program</b></p> <p>Six Week Class Jan. 31 - March 6 9:30am - 11:00am Seymour Osman Community Center 40 Hampshire Circle Dover, NH</p> <p>This program is FREE!</p> <p><b>Registration is required by calling 994-0012.</b></p>	<p><b>Positive Parenting</b></p> <p>Eight Week Class Jan. 26 - March 22 No class - March 1 9:30am - 11:30am Rochester Community Center (RCC) 150 Wakefield St. \$5 per week/family</p> <p><b>Registration is required. Please call 994-0012 to register, fee information &amp; scholarship availability.</b></p>	<p><b>Crafty Kids &amp; More Playgroup</b></p> <p>Six Week Class Feb. 17 - March 30 No Class - March 2 9:30am - 11:30am Rochester Community Center (RCC) 150 Wakefield St.</p> <p>This program is FREE!</p> <p><b>Registration is encouraged by calling 994-0012.</b></p>
<p><b>If fees present a hardship for your family, please call ahead to discuss alternative arrangements.</b></p>		<p><b>Dad's Group "24/7 Dads"</b></p> <p>Eight Week Class Jan. 26 - March 22 No Class - March 1 6:00pm - 7:30pm Rochester Community Center (RCC) 150 Wakefield St. \$5 per week/family</p> <p><b>Registration is required. Please call 994-0012 to register, fee information &amp; scholarship availability.</b></p>	<p><b>Bouncing Babies</b></p> <p>An ongoing playgroup for parents with babies up to one year in age. FRIDAYS 11:30am-12:30pm No group on March 2 Rochester Community Center (RCC) 150 Wakefield St.</p> <p>This program is FREE! <b>No registration required.</b></p>

**IMPORTANT INFORMATION**

- **No groups or classes: February 27 - March 2**
- **Programs are subject to change.**
- **For questions, fee information, or to register for a class, please call or email Parent Education Manager, Lisa Paone: (603) 994-0012 or lpaone@hubfamilies.org**

**Home Visiting Information**

**For more information about the HUB's Family Wellness & Healthy Beginnings home visiting programs, please call or email Intake Manager, Denise Lepine: 749-8800 X 15 or dlepine@hubfamilies.org.**

**Dear Friend of the HUB,**

After more than a year of deliberation regarding the best course of action for preserving the HUB Family Resource Center's mission and programs, the Board of Directors voted in November to transition its programming and services to the Community Action Partnership of Strafford County (CAP, www.straffordcap.org)

The transition is expected to be completed by July 1, 2012. Meanwhile, programs and services currently provided by the HUB will be managed by the Community Action Partnership of Strafford County until the transition is complete. Families will continue to receive high quality services they have come to expect from the HUB during and after this transition process.

Moving forward, parents and families can expect to continue to attend parent education programs and/or receive home visiting services with HUB, just as always. Our phone number remains the same: 749-8800. Our staff is still here providing high quality programs and home visiting services. Our referral system is still the same.

We appreciate the relationship and trust that so many families have developed with the HUB over the years. Although the process of making this decision has been a difficult one for everyone involved, the HUB board and staff are optimistic about preserving the HUB's mission and programs. Look for new parent education programs and home visiting services being offered by the HUB until June 30, 2012, and then continuing forward as the CAP Family Resource Center.

Sincerely,  
HUB Board of Directors

**“These classes seem great, but what will I learn?  
Will it help me to become a better parent to my children?”**

## **Cooperative Parenting & Divorce**

**Are you separated,  
divorced or learning how  
to co-parent?**

A five week parent education class to learn ways to lessen the stress, anxiety & impact that separation, divorce & co-parenting can have on your children.

- 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.

## **Healthy Families Nutrition Program**

**Learn how your family can  
be healthier by  
eating right!**

A NEW HUB program offering families a new & organized approach to meal planning & preparation.

- Learn how to build a healthy and tasty base with fruits & veggies
- Meal planning & preparation
- Using the same ingredients in different recipes
- Effective snacking to give you more energy!
- Reading labels - What do all those words mean?
- Making choices that save YOU money!

## **Positive Parenting**

**Are you struggling with  
disciplining your child  
effectively?**

**Learn ways to talk to your  
child without negativity,  
criticism and yelling!**

- This program is for parents with children of all ages.
- Topics are group driven, focusing on discipline techniques for the entire family— for parents, grandparents and caregivers.
- Learn how to establish rituals & routines to make dinner time, nap time, bed time, homework and social time go more smoothly for the entire family.

## **Dad’s Group “24/7”**

**An eight week class for  
dads who live in the  
traditional setting with  
their children, who live  
outside the family home,  
or who are trying to  
establish a relationship  
with their children after  
being away for a period of  
time.**

- Topics are group driven.
- Learning to connect with your children, even if you live in separate households.
- Communicating with your teenagers in a way that they will listen.

## **Crafty Kids & MORE!**

**Do you want to learn how  
to teach your child about  
literacy at home?**

A six week program for children between the ages of two and five focused on early learning & literacy.

**Your child will learn:**

- Alphabet & new vocabulary
  - Beginning word sounds
  - Reading comprehension
  - Numbers 1-10
  - Lessons in social studies & science
  - Sharing & Cooperation
- And much, much MORE!!

**In addition you will get all the  
materials you need to practice  
literacy at home!**

## **Bouncing Babies**

**Looking for something  
to get you & your baby  
out of the house?**

- A group for parents & babies up to age one.
- Socialize with other parents and caregivers while your baby learns through observing & playing with other children their age.
- Playgroup gives parents & caregivers a chance to discuss ideas & share the joys and frustrations of parenting.

Relax in a comfortable, clean and stimulating environment while sharing milestones & learning about infant development with an experienced parent educator.

- For questions, fee information, or to register for a class, please call or email Program Manager Lisa Paone: 994-0012 or [lpaone@hubfamilies.org](mailto:lpaone@hubfamilies.org)
- For information about home visiting programs, please call or email Intake Manager, Denise Lepine: 749-8800 X 15 or [dlepine@hubfamilies.org](mailto:dlepine@hubfamilies.org).
- Go to [www.hubfamilies.org](http://www.hubfamilies.org) for HUB locations, directions and special event information.