



The HUB & Community Partners Merger Update

The HUB Family Resource Center's mission is to ...provide families with educational programs and support services which will enhance their ability to raise healthy children in caring homes. For more than sixteen years, scores of dedicated staff, board members and countless other volunteers have helped the HUB fulfill that mission, to the benefit of thousands of families and the larger community. That work continues during HUB's merger with Community Partners.

Many of you may already know that the HUB and Community are progressing through the merger process. In my role as Program Director of Early Supports and Services at Community Partners, I am overseeing the HUB staff and working with our management team to ensure a smooth transition. The blending of the two organizations' services presents both opportunities and questions in the community. We at Community Partners and the HUB will keep our dedicated and curious friends, supporters, families, and service providers in the loop. Contained in this newsletter you will see that the HUB's mission continues to be fulfilled. We have identified some *Frequently Asked Questions* about the merger, which are also outlined, on page 2 of this newsletter.

The HUB and Community Partners have always relied on the community for support, both financial and in-kind; that support continues to be essential. We look forward to exploring the emerging opportunities that an expanded Family Resource Center can bring, but we will need the continued buy-in of our long time and new friends to see that vision realized. Keep in touch and we will too.

~Suzanne Iverson

Community Partners, Early Supports and Service and HUB Program Director

You can Now Find the HUB, In Rochester!

The HUB is pleased to announce its newest location at the Rochester Community Center (RCC), 150 Wakefield St., behind Spaulding High School.

After many years of hard work by Rochester city officials, the HUB along with SASS and A Safe Place occupy a newly renovated area of the Rochester Community Center. All three organizations have their own office space, and will share a children's center, conference room space and other office facilities.

Currently, the HUB is offering one parent education class starting in October at the RCC called Positive Parenting 101. The HUB's "Dad's Group", is now being held at the RCC on Wednesday evenings. Lastly, the HUB's popular Crafty Kids group "focusing on the process, not the product" is being held at the RCC on Thursday mornings.

Check out our calendar on page 3 for the newest program locations. We hope our presence in Rochester makes it even more convenient for families to come to the HUB. We hope to see you at the RCC!

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**The HUB
Family Resource Center**
23 Atkinson St., Dover, NH
603-749-9754
www.hubfamilies.org

The HUB Family Resource Center is a private 501(c)(3) nonprofit organization founded in 1994. It is funded through community contributions, state and federal grants, and private foundations.

We believe that parents are their children's first and most important teachers and we provide educational programs and support services to enhance their abilities to raise healthy children in caring homes.

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Frequently Asked Questions: The Community Partners and HUB Merger

What is happening with the HUB and Community Partners?

The HUB Family Resource Center is becoming a program of Community Partners. This new relationship gives the HUB a stronger foundation to support all families in Strafford County by reducing the barriers to services for families and by increasing operating cost efficiencies for the HUB, allowing funds from donors and grants to go directly to education and prevention programs across the region.

Who will be affected by this merger?

This merger presents the opportunity for the Community Partners children and family services departments to build on the HUB's capacity as a family resource center and to create a continuum of services for families.

Staff of the HUB will become part of the Community Partners family. While the two organizations have relied on each other for years, this new relationship between the staffs will ease referrals for families to a wide variety of services when necessary.

Families will be able to reach the HUB and Community Partners as they did before—phone numbers and e-mails will remain the same.

Referring agencies will be able to reach the HUB and Community Partners as they did before—phone numbers and e-mails will remain the same.

Donors checks will be accepted as always. After the legal paperwork for the merger is complete, donations can be made to Community Partners and earmarked for the HUB or other specific Community Partners programs.

Why are they merging? Don't they have different missions?

Both organizations seek to improve the lives of Strafford County families. The merger increases opportunities for further collaboration and expansion of the new combined organization. The missions of both organizations focus on respectfully supporting individuals and families in the region to help them realize their maximum potential, whether as families or individuals addressing specific situations. While every person's need is unique, we value the opportunity to better serve households experiencing multiple challenges.

For a complete list of FAQ's about the HUB and Community Partner's merger, please visit the HUB's website at www.hubfamilies.org.

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family resource center

www.hubfamilies.org

FALL

September 7th to
November 19th
2010

For more information call
749-9755 x 10
Issue Date September 25

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.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
<p>Kids in Action A Community Partners Program</p> <p>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.</p> <p><i>Registration is required. Please call Nicole Gagnon at 516-9356.</i></p>	<p>Crafty Kids Playgroup</p> <p>Every Tuesday Morning 9:30am - 11:00am McConnell Center (MCC) 61 Locust St., Dover \$5 per family <i>No registration required.</i></p>	<p>Young Parents Group*</p> <p>Every Wednesday Morning 9:30am - 11:00am Somersworth Youth Safe Haven (SYSH) 9 Bartlett Ave. \$5 per family <i>No registration required.</i></p>	<p>Crafty Kids II Playgroup</p> <p>Every Thursday Morning 9:30am - 11:00am Rochester Community Center (RCC) 150 Wakefield St. \$5 per family <i>No registration required.</i></p>
<p>Strengthening Families*</p> <p>Seven week class Oct. 4 - Nov. 15 5:30pm - 8:00pm Families First 100 Campus Drive Portsmouth \$35 per family <i>Registration is required. Please call 749-9755 X 10.</i></p>	<p>Just Like Me! Funded by the Women's Fund of NH</p> <p>Six week class Oct. 12 - Nov. 16 5:30pm - 7:30pm Rochester Community Center (RCC) 150 Wakefield St. FREE! <i>Registration is required. Please call 749-9755 X 10.</i></p>	<p>Positive Parenting 101</p> <p>Eight week class Sept. 29 - Nov. 17 9:30am - 11:00am Rochester Community Center (RCC) 150 Wakefield St. Please call for fee information. <i>Registration is required. Please call 749-9755 X 10.</i></p>	<p>Strengthening Families*</p> <p>Seven week class Oct. 7 - Nov. 18 5:30pm - 8:00pm McConnell Center (MCC) 61 Locust St., Dover \$35 per family <i>Registration is required. Please call 749-9755 X 10.</i></p>
<p>IMPORTANT INFORMATION</p> <ul style="list-style-type: none"> *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 For program information & directions: www.hubfamilies.org 	<p>Parenting the School Age Child* Funded by FAMEE</p> <p>Six week class Oct. 12 - Nov. 16 5:30pm - 7:30pm Henry Wilson Middle School (HWMS) 51 School Drive, Farmington FREE! <i>Registration is required. Please call 749-9755 X 10.</i></p>	<p>Dad's Group* Funded by Garrison Women's Health Center</p> <p>Every Wednesday Evening 6:00pm - 7:30pm Rochester Community Center (RCC) 150 Wakefield St. \$5 per week <i>No registration required.</i></p>	<p>SATURDAYS</p>
		<p>Rapp Offered once a month on Wednesday evenings.</p> <p>Sept. 8, Oct. 6 & Nov. 3 5:30pm - 7:00pm McConnell Center (MCC) 61 Locust St., Dover FREE! <i>Registration is required. Please call 749-9755 X10.</i></p>	<p>Conscious Fathering™ A class offered on <u>ONE</u> Saturday-quarterly.</p> <p>October 23rd 9:00am - 12:00pm McConnell Center (MCC) 61 Locust St., Dover \$40 per participant Next Class is in January <i>Registration is required. Please call 749-9755 X 10.</i></p>
			<p>If fees present a hardship for your family, please call ahead to discuss alternative arrangements.</p>



“These HUB classes seem great, but what will I learn?
Will it help me to 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 - 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 basic 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.

Introducing our Newest HUB Interns

For years, the HUB has been chosen as a popular site for UNH students majoring in social work, family & women's studies, community leadership, psychology, and new this year—non profit marketing and public relations, to further their course work with a real world internship. The HUB eagerly interviews and selects hard working & compassionate students interested in learning about the world of non-profit organizations with a focused interest in bettering the lives of children and families. This year is no different.

During the semester or year that these interns work at the HUB, HUB staff strive to provide them with hands on experience and real work situations to teach and better prepare them for experiences that they may encounter after they graduate from college and begin new jobs.

HUB staff are indebted to our interns as they allow us to reach further and dig deeper to accomplish all of the important work that needs to be done for families in our community. So, introductions are appropriate! Please welcome our newest UNH interns for the 2010-2011 year.



Ernst Ketel

Major: Community Leadership
UNH Senior
Expected Graduation Date: 2011



Kiersten Shontz

Major: Family Studies
UNH Senior
Expected Graduation Date: 2011



Alica Stewart

Major: Family Studies
UNH Senior
Expected Graduation Date: 2011



Mallorie Patterson

Major: Social Work
UNH Senior
Expected Graduation Date: 2011

UWGS Spirit of the Seacoast Award Winner - Murray Ingraham

The HUB Family Resource Center is dedicated to providing parent education and support services that enhance parents' abilities to raise healthy children in caring homes. This mission has been supported with great passion by Murray Ingraham, the recipient of last quarter's Spirit of the Seacoast Award.

The award is given to a volunteer or group whose work makes a positive difference in the community. United Way of the Greater Seacoast, along with Federal Savings Bank and Portsmouth Herald, organize the award. The recipient is chosen by a five-member panel. Ingraham, HUB Board member and founder, who received \$500 to donate to the organization of his choice, chose the HUB.

Throughout his 30 years working in the Dover school system, most of which was spent as Dover's school curriculum director, Ingraham witnessed the importance of school readiness for children at the earliest stages of their educational career. He recognized early on that when children are supported at home in caring and healthy environments, their chances for success at school increase dramatically.

Since his retirement in 2007, Ingraham devotes 15-20 hours a week to the HUB, researching and writing grants and proposals to increase funding for current and future programs. He brainstorms with staff, parents, school officials and community leaders on how the HUB's services can reach more families and be easily accessible to families with young children.

The HUB is indebted to Murray Ingraham's leadership, vision and passion for helping parents raise healthy children in caring homes in our community and for increasing the opportunities to prepare children for success in school.

Back to School - Do You Have a Routine Set in Place for the Whole Family?

Kids are back in school— or maybe this is the first year you have a child in school. Has the transition gone smoothly from a banner summer? If not, don't fret, there is still time to make a plan, set a routine and help your child and your whole family work together for after-school activities, homework and family time!

Kids Need Sleep!

The school day from kindergarten up through high school is packed with all the necessary components that teachers are, in many cases, mandated to teach. Kids are tired after school! Plan to send your children to bed 30 minutes earlier than normal. This extra time will allow for reading, bed time chatting, or hopefully restful sleep.

Create a learning center at home!

Whether this is close to the kitchen, or in an older child's bedroom or desk area, equip your child with a quiet, well lit space with all of the necessary tools to complete homework assignments. Pens, pencils, rulers, crayons, markers, glue sticks, scissors, paper. If your kids are starting to do assignments on the computer, make sure you have an eye on what they are doing, and where they are going if on the internet. Set a standard time to complete homework. Maybe your child prefers to get it done right afterschool, or at the kitchen counter while you are making dinner. Maybe your child has after-school activities and an early dinner allows enough time for homework after dinner and before bedtime. Discuss the homework time with your child and family. Once you agree to a time, set expectations so everyone knows when quiet, homework time is occurring.

Meet with your child's teacher *before* a scheduled parent-teach conference.

Often times, parent-teacher conferences are scheduled toward the end of the first quarter. Teachers typically assess each student at the beginning of the school year to get a baseline of the level your student is performing at. Why wait until the end of the first quarter to get an idea how your child is doing in school? Schedule a meeting three or four weeks into the school year. This way, you and your child's teacher start the school year on the same track and can set a plan to work together to assist your child, potentially helping your child to excel even further than expected. Communicate regularly with your child's teacher. Ask if he or she uses email and how often they check it. Email is a fast and easy way to keep connected. Parents are a child's first teacher. Supporting your child at home is critical to your child's attitudes and success at school.

Talk with other parents.

Meeting and getting to know the other student's parents in your child's class is a great way to exchange information and stay on top of classroom activities. If you have the time, becoming the "room parent" allows you to get to know the other parents and their children. Ask your child's teacher how much time is required for being your child's room parent, and if a class list with phone and emails would be provided to you. You can even share this role with 2-3 other people as well. Use of the internet and email makes the job of "room parent" quick and easy, with minimal time required for organizing supplies and parties for your child's classroom. Your child typically will appreciate and like your involvement

For more information on back to school tips, visit the HUB's website at www.hubfamilies.org.

Consider signing up for the HUB's ***Parenting the School-Age Child***, a six week parent education class offered at the Henry Wilson Middle School in Farmington, NH, starting Tuesday Oct. 12th from 5:30-7:30pm.

For more information or to register for this class, call Lisa Paone, Parent Education Manager at 749-9755 X 10 or lpaone@hubfamilies.org.



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Free Backpacks, Courtesy of Citizens Bank, Are Given to Families at the HUB's Newest Location—the Rochester Community Center

Rochester, N.H. – The HUB distributed free backpacks filled with new pens, pencils, notebooks, erasers, rulers, and more courtesy of Citizens Bank's Gear for Grades program. A total of 55 school children in Rochester and surrounding towns received their backpacks at an ice cream social held on Thursday, August 26th at the HUB's newest location at the Rochester Community Center. The Gear for Grades program, which ran from July 19 to August 6, encouraged the public to donate new school supplies and drop them off at any Citizens Bank branch in the state. Gear for Grades was held in partnership with 95.7 WZID, the New Hampshire Union Leader and PlusTime NH.

"We are so grateful to Citizens Bank for coordinating this effort and encouraging the public to donate supplies to help thousands of children across New Hampshire," said Lisa Paone, HUB Parent Education Manager at the HUB. "To see the excitement on the kids' faces as they received their new backpacks filled with school gear was just priceless."

Cathy Schmidt, President of Citizens Bank for New Hampshire said the program was a huge success, collecting more than 40,000 new school items for kids to take to school with them. The Gear for Grades distribution process began on August 16th with a total of 3,000 backpacks, donated by the Citizens Bank Foundation, filled with the school supplies, to youth-serving programs across the state.



Girl Scout Troop 22399 Donates Books to the HUB!

On September 8th, the HUB was presented with over 20 boxes of used books, collected by Girl Scout Troop 22399, collected throughout this past year.

"Last fall, our Junior Girls Scouts from the 4th and 5th grade made a plan to initiate, participate, and complete a community service project involving books that would benefit families that are unable to purchase books. After an enthusiastic thumbs up from HUB Parent Education Manager, Lisa Paone, the girls began collecting books with the goal of establishing a reading area at the HUB at the McConnell Community Center," recalls troop leaders Kathy Daniels and Karen Galarneau.

Throughout the year, books ranging from pre-school to high school-age were collected and sorted by the girl scouts, parents and a former girl scout, high school junior, Danielle Pelletier.

On September 8th, three car loads of books were delivered to the HUB and arranged in an area welcoming families to read and enjoy together. The girls also sat down with Lisa Paone to learn more about the HUB and how these books will benefit many children and families. The HUB appreciates the hard work and dedication of Girl Scout troop 22399: Jeanne Allen, Samantha Baker, Sarah Daniels, Samantha Devita, Noelle Duffy, Megan Galarneau, Nicole Harding, Heather Launchbury, Ashley Marino, Jenna Small and Helena Wingren.

The HUB's Fall Fundraising Event at Flag Hill Winery ~ A Fun, Festive & Successful Evening for All! ~

On the evening of Thursday, September 16th over 100 guests joined us at the lovely Flag Hill Winery in Lee, NH for an evening with old friends and new connecting with one another and with the HUB. Guests were treated to winery tours and wine tasting, Flag Hill's finest hors d'oeuvres and music provided by WXGR. Over 60 useful, whimsical and one of a kind items were also available for the guests to bid on in a silent auction during the evening. The evening concluded with a live auction where guests out bid one another on items such as Red Sox tickets, Celtics/Bruins tickets, hot air balloon rides, UNH sports ticket packages and seasonal and day passes to King Pine ski resort in East Madison, NH.

Despite a rainy evening, the crowd remained every bit present and riveted while listening to some of the success stories of families that have participated in HUB programs and classes. Although the final numbers are not "official" yet, the HUB raised over \$8,000 during this evening.

We would like to express our deepest appreciation for our guests and our sponsors for their generous outpouring of support for the HUB. This festive and meaningful evening will greatly enhance and change the lives of families in our community who desire to make their lives and the lives of their children happy, healthy and headed in a positive direction. Thank you for your continued support of the HUB!

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HUB DISCOUNT CARDS STILL AVAILABLE!

The HUB is pleased to offer the HUB Card for the 2010-2011 year. The HUB card entitles the bearer to discounts at 24 participating businesses in Strafford County offering great deals for their goods and services until March 30, 2011. HUB cards are \$10 each, with proceeds supporting HUB programs.

HUB Cards can be purchased:

- Through our website, www.hubfamilies.org (write your return address in the comment area, and how many cards you would like)
- Calling the HUB at 749-8800 x 37
- At the HUB at the McConnell Community Center at 61 Locust St. in Dover.

The production of this card was made possible by many dedicated businesses and individuals who support the HUB. We would like to thank **Vital Design**, a web and graphics design and marketing company in Portsmouth, New Hampshire (www.vtldesign.com) for the design and production of this year's HUB card.

Jill Brooks, one of our many dedicated volunteers and a HUB consumer herself, offered to take this project on when her card from the prior year expired. Jill approached more than 30 businesses throughout Strafford County to ask their participation with this year's card. Her professionalism and passion for the HUB's mission helped her to double the number of participating businesses for an even more valuable, well rounded HUB Card. Thank you, Jill!

We are grateful for all the participating businesses that have agreed to offer discounts to HUB Card holders for the coming year. Their willingness to participate shows their support and dedication to our mission of helping families raise healthy children in caring homes. Thank you! **FOR A FULL LIST OF PARTICIPATING MERCANTS, GO TO www.hubfamilies.org/hub-support.html**