



**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

**Summer**  
**July 6 - August 27, 2010**  
 For more information call 749-9755 x 10  
 Issue Date June 9th

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p><b>Positive Parenting</b></p> <p>Six Week Class            July 19 - August 23            10:00am - 12:00pm            Farmington            Location TBD</p> <p><i>Please call for location and registration, 749-9755 X10.</i></p>	<p><b>Crafty Kids Playgroup</b></p> <p>Every Tuesday Morning            9:30am - 11:00am            McConnell Center            61 Locust St. Dover            \$5 per Family</p> <p><i>No registration required.</i></p>	<p><b>Junior Trailblazers</b></p> <p>Five week program            July 7 - August 4            9:30am - 11:30am            McConnell Center            61 Locust St. Dover            \$5 per family</p> <p><i>Registration is required. Please call 749-9755 X 10.</i></p>	<p><b>Kids in Action</b>            A Community Partners Program</p> <p>Every Thursday Morning            July 15-Sept 2            9:30am - 11:00am            McConnell Center            61 Locust St. Dover            \$30 for 8 week session or \$5 per class.</p> <p><i>Registration is required. Please call Nicole Gagnon at 516-9356.</i></p>	<p><b>Crafty Kids II Playgroup</b></p> <p>Every Friday Morning            9:30am - 11:00am            Rochester            Location TBD            \$5 per family</p> <p><i>No registration required. Call for location information.</i></p>
<p><b>Young Parents Group*</b></p> <p>Every Monday Night            5:30pm - 7:00pm            McConnell Center            61 Locust St. Dover            \$5 per family</p> <p><i>No registration required.</i></p>	<p><b>Parenting Teens</b></p> <p>Six Week Class            July 6 - August 10            5:30pm - 7:30pm            McConnell Center            61 Locust St. Dover</p> <p><i>Registration is required. Please call 749-9755 X10. Call for fee information &amp; scholarship availability.</i></p>	<p><b>Dad's Group*</b></p> <p>Sponsored by Garrison Women's Health Center            www.gwhc.com</p> <p>Every Wednesday Night            6:00pm - 7:30pm            Rochester Youth Safe Haven            9 Cold Spring Manor            \$5 per family</p> <p><i>No registration required.</i></p>	<p><b>Cooperative Parenting</b></p> <p>Six Week Class            July 8 - Aug 12            5:30pm-7:30pm            McConnell Center            61 Locust St. Dover</p> <p><i>Registration is required. Please call 749-9755 x 10. Call for fee information &amp; scholarship availability.</i></p>	<p><b>Saturdays</b></p>
				<p><b>Conscious Fathering™</b></p> <p>A class, offered on <u>ONE</u> Saturday-quarterly.            July 24th            9:00am - 12:00pm            McConnell Center            61 Locust St. Dover            Next Class is in October.</p> <p><i>Registration is required. Please call 749-9755 X 10.</i></p>
				<p><b>Just Like Me*</b>  <b>Sign up TODAY!</b>  <small>Funded by the Women's Fund of New Hampshire</small>  <b>A FREE Six Week Class</b>            for pre-teen girls &amp; their parents.  <i>Register TODAY for Just Like Me. This program will be offered at a Strafford County location THIS FALL. Call 749-9755 X 10 for information.</i></p>

**Important Information**

- \*Indicates that free childcare is provided.
- No group or classes from June 28th to July 6th
- Programs are subject to change.
- For program registrations and fee information or questions please call Lisa Paone, 749-9755 X 10
- For program information & directions, go to

**www.hubfamilies.org**

Turn over for class & program descriptions.

offered at a Strafford County location THIS FALL. Call 749-9755 X 10 for information.

### **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 - Positive Parenting - A six 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 and routines to make dinner time, nap time, bed time, homework and social time go more smoothly for the entire family.

### **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 while parents learn ways to continue at home!

### **Tuesdays - Parenting Teens - A six week class**

A class dedicated to parenting teens! Topics will include:

- How to keep the lines of communication open, even when the subject matter is hard to talk about.
- Teaching your children how to make good decisions in the face of peer pressure.
- How to spot risky behaviors and what you can do to keep your kids safe, preventing the use of alcohol and drugs.

### **Wednesdays - Junior Trailblazers! A special five week summer program, *back by popular demand!***

Led by nature expert and crafter extraordinaire Laurie Parker, parents and children ages 2 and up will enjoy:

- Nature walks and flora and fauna discovery at locations within Strafford County. Trips scheduled include: *A Day in Maine* at Vaughan Woods in South Berwick, Wagon Hill Farm beach area with a UNH Marine Docent.
- Crafts utilizing the natural elements, native to New England! Crafts include: A forest-themed terrarium, book marks with pressed flowers and rock painting.
- A final celebration and picnic in Henry Law park with raffle prizes, games and lunch, provided by the HUB!
- **Visit [www.hubfamilies.org](http://www.hubfamilies.org) for more information and locations.**

### **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 - 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!

### **Thursdays - Kids in Action Playgroup**

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

### **Thursdays - A Co-Parenting Class 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 - 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

### **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 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.