



# Family Centered Early Supports & Services Monthly Newsletter for Families

Helping families and children learn and grow together

August 2019

## Learning Time at the Museum

Children's Museums are a great way to spend time with your families, and provide unique learning opportunities for your children. Your local library provides passes to many museums, at either free or reduced admission prices



Activities abound at the Children's Museum in Dover, NH Click on the photo at left to begin your adventures.

Need more outdoor exploration?

Visit the [Dover Adventure Playground](#), located next to the museum at Henry Law Park



There is plenty to explore at the Children's Museum in Boston, as well as daily themed activities like glorious, Messy Mondays, and Music and Movement on Wednesdays and Sundays. Click on the photo at left to learn more about this amazing museum.

Click below to see why play is so important for children

# The Power of Play

Learn more about ESNH Family Centered Early Supports and Services [here](#).

## Dinosaurs, Animals, Reptiles & More!

### DINOSAURS ALIVE!



Dinosaurs are alive in NH! Visit [Squam Lakes Natural Science Center](#) and take a walk back in time through the Prehistoric Era. This exhibit is included with your regular trail admission.



August is Turtle Time at Amoskeag Fishways in Manchester, NH.

Learn more about the Fishways [HERE](#)



At [Sunnycrest Farm](#) in Londonderry, you can pick up fresh fruits and vegetables, then visit some friendly goats and sheep across the fence.

## Need Help? Check Out These Useful Links

211 NH is the connection for New Hampshire residents to the most up to date resources they need from specially trained Information and Referral Specialists. 211 NH is available 24 hours, 365 days a year. Multilingual assistance and TDD access is also available. For those outside of New Hampshire, call 1.866.444.4211.



[Manchester Community Resource Center](#): 434 Lake Ave | Manchester | 647.8967

[NH Food Bank](#) : click left to find a registered agency near you

[Manchester City Welfare](#): 624.6484

Manchester Homeless Assistance Line: 1.877.606.5173

[Mental Health Center of Greater Manchester](#): 668.4111

[The Upper Room](#): 603.437.8477

[NH Catholic Charities](#): 603.624.4717

[YWCA 24 Hour Crisis Line](#): 668.2299

## Early Development & Support



Birth to 3 years is a busy time for both growth and development. Click on the photo at left to learn all about this remarkable period in a baby and toddler's life.

### Elliot Hospital Mom's Group

Offered to mothers and their babies as an opportunity to share and network. Weekly topics will include feeding, crying, sleep, caring for yourself, growth and development of your baby, dealing with relationships, managing and preventing illness, family nutrition, and finding a balance in life. Groups are led by a Nurse or Childbirth Educator.



Wednesdays | 11 am – 1 pm | All ages (0-12 months)

There is no fee and no registration is required for this group. The Mom's Group meets at Elliot River's Edge

### Catholic Medical Center Mom's Group

Join us for Mom's Group! A sweet safe space to get out of the house, meet other moms in the community, ask questions and get the love and support you need during your transition into motherhood. This group is for all moms and babies up to crawling. No commitment necessary, come once or every week—whatever works for you. *Sorry, older children are not allowed.*



Thursdays, 1-2:30 PM; Please call 603.626.2626 to **register prior to your first class only**

There is no fee. The Mom's Group meets at 195 McGregor St., Manchester, NH—South Entrance 1st floor—Suite 110



### Nini Bambini Classes

Nini Bambini in Bedford offers classes for birth to 4+ years of age. Learn Baby Sign or take their Sleeping Solutions classes. Each session is less than \$100. Experiencing the baby blues? The FREE Beyond the Blues group provides peer-based support.

# August 2019

# Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <a href="#">Backpack Giveaway</a>
4	5	6	7 <a href="#">Fireworks At the Beach</a>	8	9	10 <a href="#">Free NH Saturday's at Currier</a>
11	12 <a href="#">Children's Week</a>	13	14 <a href="#">Fireworks At the Beach</a>	15	16	17 <a href="#">Monsters on the Loose!</a>
18	19	20	21 <a href="#">Fireworks At the Beach</a>	22	23 <a href="#">Moose Festival</a>	24 <a href="#">Moose Festival</a>
25	26	27	28 <a href="#">Fireworks At the Beach</a>	29	30	31



One Day of Community is back! Manchester Christian Church and the New Hampshire Fisher Cats have combined forces to bring this incredible community event to our city. We are here to bless our city by **providing thousands of free filled school supply backpacks**, food, carnival events, prizes and lots of other fun stuff. This is a FREE event, so bring your families and join us for a day of fun and games! One Day of Community will happen rain or shine. When you give, lives change!

**Located at Sheridan-Emmett Park | 324 Beech Street  
Manchester, NH 03103**



Summer movies for kids at Regal! Bring the family to the nearest Regal theater for our 2019 Summer Movie Express series! Movie ticket deals are just \$1 on Tuesdays and Wednesdays featuring summer movies the whole family will enjoy like Shrek, Despicable Me, Kung Fu Panda and many more. To see movies at their Concord location click [HERE](#)

# Free Meals for Children



## Free Food For Kids!!

Open to all children under 18 years of age, no enrollment, no cost!

Southern New Hampshire Services will be sponsoring the Summer Feeding Program, which is administered by the New Hampshire Department of Agriculture (USDA). We're offering FREE meals this summer starting June 14th until August 30th at the following spots in Manchester:

Location	Breakfast	Lunch	Dinner
Elmwood Gardens	9-10am	12:15-1pm	
Manchester WIC	8:30-10am	12-3pm	
Harriman Park		11:30-12pm	
The Welcome Home		12-1pm	
Center Park		12-12:30pm	5:45-6:15pm
Prout Park		12:45-1:15pm	
Hunts Pool		1:15-2:15pm	
Rock Rimmon Pool		1:30pm-2:30pm	
Adventure Park			4:15-4:45pm
Sweeney Park			4:15-4:45pm
Kelly Falls apartments			5-5:30pm
Maple street apartments			5-5:30pm
Manchester P.A.L.		12-1pm	
Beech street school park			5:45-6:15pm
Beech Hill apartments			5:45-6:15pm

**For more information, call 1800-256-9880**

Meals must be consumed on site

This institution is an equal opportunity provider

