

*June 2021*

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## City of Somersworth, NH

One Government Way  
Somersworth, NH 03878  
603-692-4262

## City Hall Hours

**Monday - Friday**

8:00 a.m. - 4:30 p.m.

**Wednesday**

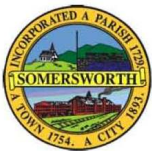
8:00 a.m. - 6:00 p.m.

## The Mayor's Corner



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Visit our  
website



## Law Enforcement Memorial Week

There are times when our nation feels desperate for heroes, for men and women who demonstrate valor, bravery and commitment for the greater good. For 245 years, our nation has prided itself upon the statement "Of liberty and justice for all." The roots of our domestic freedom and justice is bound with those who are willing to protect the rights we all cherish, and adhere to the values of something greater than self. With personal sacrifice and dedication to "Serve and Protect", the members of our Hilltop law enforcement team each day recommit themselves to the

## Scheduled June City Council Meetings

**Monday, June 7 at 7:00 p.m.**  
City Council Meeting

**Monday, June 17 at 7:00 p.m.**  
City Council Meeting

**City Manager Reports for the  
City Council Meetings available [here](#)**

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## **Committee/Board Meetings this Month.**

### **Site Review Technical Committee via Zoom**

Wednesday, June 2 at 10:30 a.m.

Wednesday, June 9 at 10:30 a.m.

### **Zoning Board of Adjustment**

Wednesday, June 2 at 7:00 p.m.

### **Conservation Committee**

Wednesday, June 9 at 6:00 p.m.

### **Minor Site Plan (SRTC)**

Wednesday, June 9 at 2:00 p.m.

### **School Board Meetings**

Tuesday, June 8 at 7:00 p.m.

Tuesday, June 22 at 7:00 p.m.

### **Planning Board**

Tuesday, June 1 at 6:30 p.m. - via Zoom

Wednesday, June 16 at 6:30 p.m.

### **Historic District Commission**

Wednesday, June 23 at 7:00 p.m.

oath they took, to keep our 10 square mile community safe and ensure that each citizens promise of “Liberty and Justice for all” will be fulfilled.

### **Read more....**

#### **Mayor's Office Hours**

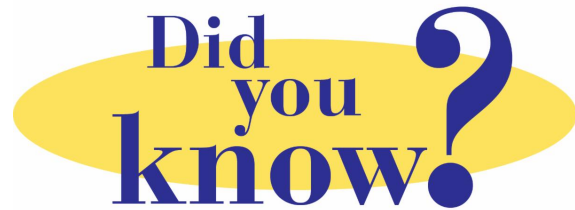
Monday: 5:00 p.m. - 6:00 p.m.

Wednesday: 5:00 p.m. - 6:00 p.m.

Friday: 4:00 p.m. - 5:00 p.m.

People are welcomed to stop by during this time. Or, if you prefer, you can make an appointment by calling Brenda at 692-9503 or email

[bbreda@somersworth.com](mailto:bbreda@somersworth.com)



#### **If you Missed the Meeting? Catch it again online**

Don't forget: If you missed the live City Council, or Planning Board meetings on Channels 22, you can catch them again, online and on demand.

Simply visit [www.somersworth.com](http://www.somersworth.com) to begin watching meetings on demand. Online meetings are organized by agenda item for convenience.

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## **Mayor's Corner Continued.....**



## EMS Week

On May 16<sup>th</sup>, our nation marked the beginning of EMS week. Each morning the sun rises upon a grateful 10 square mile Hilltopper community. A community whose health and welfare lays in the hands of the dedicated staff of Stewart's Ambulance. Despite the global pandemic, not once did the staff of Stewart's retreat from their oath to serve those in needs. The high-quality service brought forward each day continues to be a model for all surrounding communities and emulates the Hilltopper spirit of "neighbor helping neighbor".

To our EMS brethren of Stewart's Ambulance, thank you for your dedication and sacrifices for each citizen that calls Somersworth home. This EMS week, know that a grateful city, honors you and appreciates all you do.

In honor of the dedicated staff of Stewart's Ambulance, the EMS flag is proudly waving at Citizen's Place.



## Public Works Week

May was a busy month in the Hilltop City. During the month throughout the nation, and Hilltop City we take time to honor our often-unsung heroes, members of the public works department. May, marks national public works week, a week dedicated to reflecting not only upon the importance public works employees in our community daily affairs, but the critical role each employee plays within ensuring Somersworth remains "On the Move!"

This May, the Hilltop City says thank you, to each member of the Somersworth Public Works department, and honors the broad and vital and dedicated role you play within our community. In honor of our dedicated Public Works Department a proclamation was issued, celebrating their role within our community.

## Opening of ICC Cultural Center

Last month I had the honor of opening the new Indonesian Community Connect Cultural Center. The strength of our community lays in the foundational roots of our Hilltopper spirit. For 292 years, Hilltoppers have continued to celebrate, honor and embrace our differences. We know that each citizen adds to the mosaic of our 10 square mile community





adding to our journey of preserving our “Proud Past” while ensuring Somersworth will lead the way with a “Bright Future.”

[Read more....](#)

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[Mayor Hilliard's Memorial Day Video Message](#)



**MEMORIAL DAY  
MONDAY MAY 31, 2021  
SOMERSWORTH, N.H.**

The City of Somersworth through its Veterans Organizations will celebrate Memorial Day on Monday May 31

**MEMORIAL SERVICES** Will be Held at each Cemetery as Follows:

9:10am: Forest Glade Cemetery  
9:30am: Greek Orthodox Cemetery  
9:50am: St. Martin Cemetery  
10:15am: Holy Trinity Cemetery  
10:30am: Tri-City Christian Cemetery

A brief Ceremony will be held at Veterans Memorial Park at 11:15 a.m.

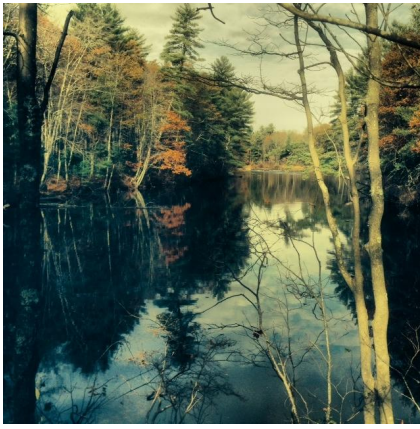
Participants should be at the High School Memorial at 8:40 a.m.

If you have questions, please call 692-9898

Dana O'Hare, Commander, A.L.

Carlton Gilpatrick, Commander, V.F.W.

Bill Weiner, Commander, C.W. V



## New Online, Interactive Tool puts Regional and Somersworth Recreational Sites on the Map

The Strafford Regional Planning Commission (SRPC) recently launched **Promoting Outdoor Play (POP!)**, an online, interactive map of more than 300 recreation sites in the 18 communities in the SRPC region. Funded by the New Hampshire Children's Health Foundation, this map is intended help residents and visitors discover the abundance of parks, trails, playgrounds and other natural resources.

The POP! map, located at <https://arcg.is/1veW9q>, is organized by categories, including playgrounds, parks, trails & open space, sports, beaches & pools, boats & small watercraft, and ice skating & sledding.

The work Strafford Regional Planning Commission has completed to document and promote recreation areas has pulled together useful information, presented in a use-able fashion and it is a real gift to the community and the region. The site is easy to navigate and intuitive and can help even the most seasoned resident find new places to explore.

To encourage exploration, SRPC will launch a trail passport activity this summer, in partnership with the Children's Museum of New Hampshire. To complement the trail passport, SRPC is also developing a tool that will have a survey component for users to upload pictures or comments so they can share their experience with others as they visit the various sites.

For more information, visit SRPC's website at [www.strafford.org](http://www.strafford.org).



## Department of Public Works & Utilities

### Metal Pick-up

The Department of Public Works reminds residents that metal pick up occurs on the 2nd Tuesday of the month. The June collection will occur on Tuesday, June 8 and residents wanting this service are asked to call Public Works **no later than 3:00 pm on Monday, June 7** to be placed on the pickup schedule for June. Participants are reminded to place the proper number of tags on the item when setting the item out on the street for collection. Typical TV's require three (3) stickers - \$12.00 and PC's require one (1) sticker - \$4.00. Residents may also opt to drop off metal and electronic items with proper bulky waste stickers at the Public Works Facility located at 18 Lilac Lane from 7:30 am-2:30 pm Monday –Friday. Note that winter weather emergencies may delay collection.

### Water Quality Report

2021 Water Quality Report will be posted to the City website in June. If anyone would like a paper copy please call the water clerk's office at 603-692-9523.

### Driveway, Obstruction & Trench Opening Permit Reminder

As a reminder, any work done within the Right-Of-Way requires a permit. If you have questions

on the work you intend to complete within the Right-Of-Way, please call the Public Works Department at 692-4266. Permit applications can be located at the City website on the Public Works & Utilities [Engineering Page](#)

### **Road Resurfacing**

The City has contracted Continental Paving to complete pavement resurfacing on several streets beginning on June 1<sup>st</sup> – July 30<sup>th</sup>. The City is imposing a daytime (6am to 8pm, Monday – Friday) parking ban on those streets during this time frame. The parking ban remains in effect until the paving is complete on that street. List of Streets scheduled to be resurfaced:

**Bartlett Ave  
Drew Road  
Laurier Street  
Locke Ave  
Portland Street  
Shady Lane  
Nadeau Street**

**Ben Rich Drive  
Edmund Street  
Lemelin Court  
Midway Park  
Primrose Lane  
South Street**

**Cass Street  
Fox Court  
Lin-Nor Ave  
Pinkham Street  
Rowland Street  
Wilson Street**



### **Somersworth Middle School Student Upgrades Trail Sign at Willand Pond**

Staff from Public Works Department worked with Jordan Roble, an 8<sup>th</sup> grader at Somersworth Middle School, to repair and refinish a worn-out trail sign at the Willand Park Recreational Trail area. Jordan, known for his artistic talent, observed the worn-out trail sign while fishing with his father. Jordan took the sign and rerouted and painted the letters for clarity and appearance. The

new sign was completed and recently installed with assistance from Public Works staff employee Joe Gagnon. Congratulations to Jordan who responded to a community need using his talents and time. Thank you, Jordan, for your work in refinishing the trail sign. Your work makes a difference in our community.

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## **Somersworth Fire Department & Emergency Management A Safety Message from the Fire Chief's Office**

**Fire is Everyone's Fight  
A Safety Message from the Fire Chief's Office**



**"Fire is Everyone's Fight"** is a new national initiative by the United States Fire Administration to reduce home fire injuries, deaths, and property loss by changing how people think about fire and fire prevention. Historically, cooking and heating are the first and second leading cause of fire in the home. However, as of late, improper disposal of smoking materials has caused significant fires in the home and in the wildlands across the country.

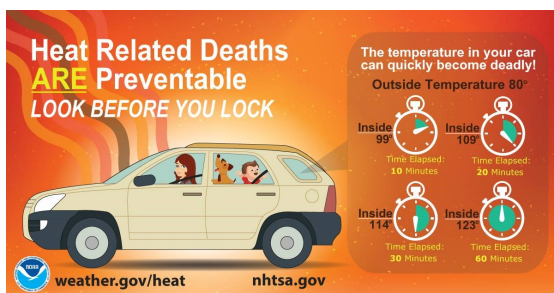
Smokers, family members, friends, and neighbors should know the following steps they can take to keep themselves and their families safe from fire. **Smoke outside.** Many items in your home can readily catch on fire if contacted by a lit cigarette or smoldering but or ashes. It is always safer to smoke outside. **Put cigarettes out all the way** - do this every time. Don't flick cigarette butts into mulch, brush, or your neighbor's yard. Put water on the ashes and butts to make sure they are really out. **Put your cigarette out in an ashtray or bucket with sand.** Use ashtrays with a wide base so they won't tip over and start a fire. Put nothing other than cigarettes and butts – especially anything flammable – in an ash tray or butt can. **Be alert.** Do not smoke after taking medicine that makes you tired. You may not be able to prevent or escape from a fire if you are sleepy or have taken medicine that makes you tired. **Never smoke around medical oxygen.** Medical oxygen can explode in the presence of a flame or spark. **Never smoke in bed** as you may fall asleep with a lit cigarette. Mattresses and bedding can catch easily catch fire. Carelessness with smoking materials can be deadly.

As cases of COVID-19 are decreasing, we should all be very proud that NH is first in the nation for vaccinations per capita. Somersworth firefighters have contributed as vaccinators, safety officers, and logistical support personnel at numerous State and County Public Health clinics with funding provided by NH HHS. If you desire to be vaccinated, have questions about the vaccination, or are struggling psychologically, contact your primary care provider or call the NH State Hotline at 2-1-1.

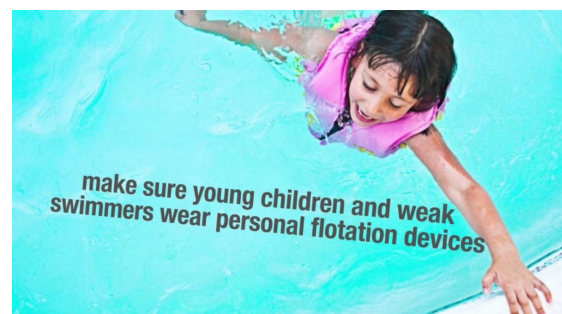
Please see the following safety messages and pictures of recent SFD activities. Feel free to call the Fire Station regarding questions about any emergency management, fire prevention, or life safety topic.

Please stay safe, be careful, and look out for each other.

George Kramlinger  
Fire Chief/Emergency Management Director



Don't leave Children or Pets inside a Parked Car.



Drowning is the number one cause of death in children ages 1-4. Adults must supervise children at all times when near or in the water, and adults must not let distractions interfere with that supervision. Children should always wear a properly fitting personal flotation device

## Somersworth Fire Department activities



On Mother's Day, a 3-Alarm fire on Linden Street damaged two apartments in a five unit building and displaced four families. Quick work by the first arriving Somersworth crew minimized the fire's spread. Resources included fourteen Fire Departments, the Somersworth Police Department, and Stewart's Ambulance.



On May 18<sup>th</sup>, a one-alarm fire occurred in a two-unit apartment on Silver Street. Once again, quick work by the first arriving Somersworth crew minimized the fire's spread. Resources included six Fire Departments, the Somersworth Police Department, and Stewart's Ambulance.

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## Somersworth Police & Friends



### Bicycle Helmets

Through a grant with **Kohl's Cares** and **CHAD**, our Department received 100 bicycle helmets that we will be giving to children in need at City events such as National Night Out and other events we will be attending.

**Strafford County HeadStart Kids learn about Bicycle Safety** : School Resource Officer Ashley Fuller met with the children of Strafford County HeadStart Program at Idlehurst Elementary School to teach the preschoolers about bicycle safety on Monday, May 24<sup>th</sup>. Most children received free bicycle helmets courtesy of the Kohl's Cares and CHAD grant.

### Summer Pet Safety

It takes only minutes for a pet left in a vehicle on a warm day to succumb to heatstroke and suffocation. Most people don't realize how hot it can get in a parked car on a balmy



day. However, on a 78 degree day, temperatures in a car parked in the shade can exceed 90 degrees -- and hit a scorching 160 degrees if parked in the sun!

Even when the outside air temperature is in the 60s, temperatures inside some vehicles can reach the danger zone on bright, sunny days. So many experts recommend not leaving pets or children in parked cars even for short periods if the temperature is in the 60's or higher.

Rolling down a window or parking in the shade doesn't guarantee protection either, since temperatures can still climb into the danger zone. And if the window is rolled down sufficiently, the pet can escape.

Animals are not able to sweat like humans do. Dogs cool themselves by panting and by sweating through their paws. If they have only overheated air to breathe, animals can collapse, suffer brain damage and possibly die of heatstroke. Just 15 minutes can be enough for an animal's body temperature to climb from a normal 102.5 to deadly levels.

**Precautions: Leave your dog at home on warm days**



#### Somersworth Police Facebook Page

Check out Somersworth Police Department's Facebook page. We use it to let you know about important community information including crime information, road closures, snow emergencies/ parking bans, and community events. Here is the link: <https://www.facebook.com/SomersworthPoliceDepartment/>



We send out Nixle alerts for parking bans and other important information to cell phones and emails. You can sign up for *free* Nixle at [www.Nixle.com](http://www.Nixle.com).

# PROTECT YOUR EVERY DAY

If you **see** something,  
**say** something®

**REPORT SUSPICIOUS ACTIVITY**

# Call 9-1-1

Somersworth Police Dispatch  
Somersworth Police Crime Line

603-692-3131  
603-692-9111



"If You See Something, Say Something" used with permission of the NY Metropolitan Transportation Authority.



#### Somersworth Crime Line:

You can leave anonymous information at 692-9111 - 24 hours a day/7 days a week.



## What's Happening in Recreation

### Program Updates:

- Our new Rec Running & Cardio Club for children ages 9-12 is a big hit so far! Children are learning running, stretching, & jumping techniques through a series of fun stations that include cardio fitness challenges, running various distances, and jumping exercises. It's great to be outside and having a blast with the kids!!
- We still have a couple spot available in the 8-week Noble Pines Summer Play Program for children entering grades 1-2 & 3-4. Please contact the Recreation Office as soon as possible to get your child registered. 603-692-9507



### Explore your local City Parks:

- Check out all the City of Somersworth public parks this season! There's something for everyone to enjoy! Learn more about the City Parks and amenities on our website:  
<https://www.somersworth.com/parks-recreation/pages/city-parks>
  - Did you know we have a low elements rope course, picnic area, and trails at Willand Pond just waiting for you to explore?!
  - The weather is getting warmer why not get out and enjoy our parks and trails or take a canoe out on the Salmon Falls River from our hand-carry boat launch at Mast Point Dam?!



SOMERSWORTH RECREATION

# NOBLE PINES SUMMER PLAY PROGRAM



We still have available space for children entering grades 1-5 this fall!! Contact staff in the Recreation Office to register:

Call the Rec Office (692-9507 or 692-9508) to sign up OR

Email [kdavenport@somersworth.com](mailto:kdavenport@somersworth.com) or [mpotter@somersworth.com](mailto:mpotter@somersworth.com).



**\*Please note this is a weather dependent program. The program may be canceled for the day in the event of inclement weather & parents will need to seek alternative care. This program will follow CDC and State of NH Safer at Home Day Camp guidelines. Please review the handbook prior to registering your child.**

**Guidelines & policies are subject to change.**

## NOBLE PINES PARK

JUNE 21– AUGUST 13 (No Program 7/5)

MONDAY-FRIDAY; 8:00-4:30 P.M.

24 SPOTS AVAILABLE BASED ON GRADE LEVEL GOING INTO FALL 2021:

Group 1 (grades 1-2) 8 spots / Group 2 (grades 2-3) 8 spots

Group 3 (grades 4-5) 8 spots

### RESIDENT REGISTRATION OPENS APRIL 12th:

COST/8-weeks: (Includes \$100 non-refundable deposit):

- \$750 (If paid in full at time of registration)
- \$400 due at registration to hold spot & remaining balance \$400 due by July 2nd

### NON-RESIDENT REGISTRATION OPENS MAY 17th:

COST/8-weeks: (Includes \$100 non-refundable deposit):

- \$800 (If paid in full at time of registration)
- \$450 due at registration to hold spot & remaining balance \$450 due by July 2nd

## ARTS & CRAFTS, GAMES, SPORTS, FUN, & MORE!

- Check-in & check-out times will be assigned to each group in 15 minute increments between 8-8:30 am & 4-4:30 pm.
- No extended care available this year
- No field trips due to COVID-19 restrictions.
- Program may be canceled for the day in the event of inclement weather.
- Review handbook for COVID-19 policies & program procedures



**Call Somersworth Recreation with  
any questions 603-692-9508**





Hello Everyone,

#### **Food & Drink**

Exciting news. In June, you can make yourself a cup of coffee or tea in the library. We'll have everything you need including real coffee and cream. You can bring your own travel cup, if you'd like, just make sure it has a lid. We'll have paper cups here, too. For a donation of \$1, we'll break even.

We have 4 newspapers for you to read. Get your coffee and read Wall Street Journal or Foster's Daily. There's also USA Today and Union Leader.

If you're hungry, Kashi and Kind bars are available as well as cookies.

#### **Short Story Discussion**

Every third Tuesday of the month there will be a short story discussion in the library from 5:45 – 6:30. In June, let's try for Paper Menagerie. It won all sorts of short fiction prizes. There are copies in the library and you can also do a web search and find it. The author is Ken Liu. The date for the first in-person short story discussion is Tuesday, June 15. Here's a link <https://static1.squarespace.com/static/5838a24729687f08e0321a15/t/5bf2bdfa562fa782871c6252/1542635003373/The-Paper-Menagerie+by+Ken+Liu.pdf>.

#### **Summer Reading - Tales & Tails**

Get ready for the children's summer reading program *Tails and Tales*. Each week, a story will be read in or outside the library depending on the weather and a craft available to take home and assemble. There are weekly prizes and on Saturday July 31, live animals. The first story reading will take place Wednesday, June 23 at 11:15 and continue through July 28 every Wednesday. Sign-ups begin Saturday, June 19.

**Squam Lakes Natural Science Center** will provide the live animals. It's a surprise at this point which ones will be coming. That event is happening Saturday, July 31 at 11:00 a.m.

To see what books and movies are new, check out our catalog page.

<https://somersworth.nhais.bywatersolutions.com/cgi-bin/koha/opac-main.pl>

For general information about our library and services, see the city page.

<https://www.somersworth.com/somersworth-public-library>

For weekly/daily updates, see our Facebook page.

<https://www.facebook.com/SomersworthLibrary/>

Come in, get cool, relax, meet your friends. See you soon.

**Summer hours are now in effect at the Library until Labor Day  
Saturdays, the Library will be open from 9 a.m. - 1 p.m.**

Tuesday & Wednesday: 11 a.m. - 7:00 p.m.

Thursday, Friday & Saturday: 9 a.m. - 5:00 p.m.

Saturday: 9 a.m. - 1.00 p.m.

Sunday & Monday: Closed



Have you seen our Facebook page

<https://www.facebook.com/SomersworthLibrary/> It's updated at least once a week and usually more. You don't have to be on Facebook to find links to author-related videos, new books and virtual events.

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**Cemetery Trustees**



The entrance to Forest Glade Cemetery was festooned in honor of veterans of the GAR on Decoration Day circa 1890.

Summersworth Historical Museum

**Does this look familiar to anyone?**



Thank you to everyone who helped with the flower bed in the Veterans Section at Forest Glade Cemetery. Join us on Monday, May 31 for a brief service at each cemetery to commemorate Memorial Day.

Here is the [scheduled times](#) for services.





## A City Sustainability Committee? Tell me More!

### Are you Recycling, or Are You Wishcycling?

Only about 10% of what is recyclable actually gets recycled.

Why is this? If you practice recycling at home, it's safe to assume you care about our planet, and about the massive accumulation of waste in our landfills and in our oceans. But some recycling habits are not recycling at all; they are simply wishcycling, and in reality may nullify all of our well-intentioned household recycling efforts.

“Wishcycling” refers to putting non-recyclable items in the recycling bin in *hopes* it will be recycled, and we are all guilty of it. That old pair of venetian blinds that's ready to be retired-- it's plastic right? Put it in the recycling bin! The #6 plastic containers holding your take-out sushi, put them in the bin! Yes, I did the right thing! Right?

Wrong. The act of placing a non-recyclable item in the bin doesn't magically transform it into recyclable material. Not all municipalities accept every “technically recyclable” item. More importantly, adding non-recyclables to your bin contaminates an entire truckload of recyclables, so at the sorting end of the process many *actual* recyclables cannot be recycled anymore. There isn't enough human-power to sort each non-recyclable coffee-stirrer from all the *very* recyclable plastic milk jugs and seltzer bottles. So it all becomes trash.

The best way to curb a wishcycling habit is to first be mindful of what disposables you purchase in the first place, including using reusable bags vs. plastic grocery bags. Learning your local recycling guidelines **Recycling Related FAQs | Somersworth NH** is an excellent next step in order to avoid contaminating entire batches of what could-have-been-recycled. For tips on how to avoid wishcycling, visit <https://greenthatlif.com/wish-cycling-and-tips-to-recycle-right/>

This spring the Somersworth Sustainability Committee has honed its focus on reduction of, and responsible disposal of, household waste. If you are interested in getting involved on the Committee or wish to learn more about what we are up to, contact Committee Chair Sarah Eckstein at [sarahmeckstein@gmail.com](mailto:sarahmeckstein@gmail.com)



### Somersworth Festival Association is Calling all Crafters

We are excited to announce that we will be having another outdoor craft fair at Holy Trinity Parish. It will be held on Saturday, August 21<sup>st</sup>, from 9 a.m. to 3 p.m. Our last Craft fair in this location was well attended, and we expect this one to be even better.

If you don't want to wait until our fall craft fairs, this will give you a great opportunity to display and sell your products. Spaces are 10' X10' and are \$55 each. Applications are available on our website, [www.nhfestivals.org](http://www.nhfestivals.org), or you can request one by emailing us at [sfachild.festival@gmail.com](mailto:sfachild.festival@gmail.com) or calling 603-692-5869.

## Somersworth International Children's Festival

As you have probably expected, we will not be hosting the Somersworth International Children's Festival again this year. Next year will be our 40<sup>th</sup> festival and we plan to make it very special!

In the meantime, plans are in the works to hopefully have our Kids' Konzerts this summer and the Pumpkin Festival in October. Stay tuned for further details!

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### GREATER SEACOAST COMMUNITY HEALTH

**Goodwin**  
Community Health

**Families  
First**

**Lilac City**  
Pediatrics

To stay on top of what's going on at Families First, please sign up for their **newsletters**.

Family Focus: Info on each month's parent and family programs, monthly parenting tips and ideas, useful links and more. Sent monthly. ([Read issues.](#))



### Calling all Dads

Are you a dad, stepdad or grandfather raising children? Or, do you know a dad or grandfather who might appreciate support and information? We are excited to offer our first **Parent Café for Dads...** just in time for Father's Day!

This virtual Café is an opportunity for dads to talk to other dads...about family, fatherhood, ways to strengthen their families and ideas for supporting kids of all ages.

All are welcome; the Zoom app is required. All participants will receive a "door prize!"

**[Sign up for Dad's Cafe](#)**

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### Coping with Anxiety & Uncertainty

These times presents us with a lot of uncertainty, so this is a perfect time to learn more about how we can help our kids and teens work through their worry and anxiety. Action -- not avoidance -- is the key to success.

Join us at Lynn Lyons' virtual workshop on **June 22nd from 6-7:15 pm**, and then continue the conversation with us throughout the summer. We will be discussing Lynn's book *Anxious Kids, Anxious Parents* and will provide the book at no charge to those who attend the group.

We will connect the ideas and strategies from the book to the ways we are dealing with worry and uncertainty in our own families. Read the book, join the discussion series, or do both. This is a "reading is optional" virtual group!

*Anxiety is treatable when families understand how it works. When anxious parents learn how to change their own behaviors, they dramatically interrupt the future development of anxiety in their own children.* --Lynn Lyons, LICSW

### [Workshop Signup-Free](#)

### [Summer Discussion Series Signup](#)

#### **Playgroups Return, New Support Group Starts**

We are putting plans in place for **in-person PLAYGROUPS** at playgrounds in Somersworth and Portsmouth this summer. Stay tuned for more info and check our website **calendar** for updates.

**A new virtual support group for Parents/Caregivers of Children with an Incarcerated Parent** will meet on May 24 and then on the last Monday of every month starting in June. There are also groups available for children with an incarcerated parent. **[Read more and sign up here.](#)**



#### **Literacy Tip of the Month: Encourage Kids to Tell you Stories**

A simple way to promote literacy at home is to encourage your child to tell you stories.

They can tell you real stories about their lives or make up stories and flex their imaginations. Try telling stories while waiting in line at the store or driving in the car, and encourage older siblings to tell stories to the little ones!

This will help them gain a better understanding of the rhythm of storytelling, which will help them as they grow and read more complex fiction.

Reading together is one of the best things parents can do to support children's learning and development. We will be celebrating literacy at all of our locations in Somersworth, Rochester, and Portsmouth later this year...more info to come soon!

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**Quality Service, Quality Schools, Quality Somersworth**

**Vision 2020**

***"We Believe in Somersworth"***



***Proud Past, Bright Future***

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