

Family Matters



A free newsletter for the greater Derry community

Brought to you by

The Upper Room, A Family Resource Center

what's new?

The Upper Room 20th Anniversary Celebration! Since 1986 the staff have been committed to providing educational programs and services to our community! Join us at Summer Fun Fest on August 10th at The Upper Room to kick off our year long celebration.

Summer Fun Fest! The Community is invited for free Ice Cream, Funbounce, games, music and family fun! August 10 from 6-8 pm at The Upper Room!

Do you know about the Derry Family Outreach program? The Upper Room and FamilyStrength are partners in the **Derry Family Outreach** program. Being a parent is hard work. Children don't come with a manual. You can get help for your family at *no cost* through Derry Family Outreach. You don't have to go it alone. Services include in-home family support, education and counseling, community groups and workshops, and connections to community services. An experienced counselor/parent educator can meet with you at home or in the office. The schedule is flexible and evening appointments are available. Call 603-432-0463. The assistance is free and confidential.

Family Field Trips 2006! Join our FOG and TIPS families this summer for adventure! We will be headed to the Seacoast Science Center, Discovery Stop in Londonderry, Pawtuckaway State Park, Victorian Park Mini Golf, Chuck E Cheese, The Children's Met in Derry and The Upper Room's Summer Fun Fest! Children are always free! Registration is required.

5th Annual Gala Dinner Auction Event, "Rockin' Our Community" to be held November 3, 2006 at Promises to Keep in Derry. This year's 1950's theme will host 260 people, featuring a gourmet dinner, games and fabulous silent and live auction all hosted by none other than local auction personality and business owner, Bill Burke! Call 437-8477 x 21 to inquire about becoming a sponsor, donating an item or purchasing tickets!

Bavaro Family Scholarship Fund – Applications will be available in November. Eligible applicants must reside in Southern NH/Merrimack Valley, be a high school senior, pursuing any certified job training or college degree program. Call or check out the web site for more details. Congratulations to **Abigail Gustafson**, the first scholarship recipient!

What is The Upper Room?

The Upper Room is a non-profit family resource center committed to the development of strong individuals and families in our community. A team of dedicated professionals, both full and part time, are actively working to improve the family life of the citizens of Derry and surrounding communities in a way that is unique to anyplace in New Hampshire.

There are no barriers to our programs, income guidelines or geographic lines to prevent participation. The Upper Room is here to help families — all families — in need of education, support and resources to "make it" in today's world. The Upper Room serves thousands of individuals and families in Southern NH!

weekly classes & support groups

Call The Upper Room at 437-8477 for information about the following groups:

UR Parents - Open Support Group for parents of adolescents, Tuesdays 6:30-7:30 p.m. Call ext. 14 for more information.

Teen Information for Parenting Success (TIPS) - This group meets every other Wednesday 6-8 p.m., in support of young mothers and fathers ages early teen to mid- twenties! Support, referrals, workshops, monthly giveaways! Children welcome! Contact ext. 17 for more information. TIPS also meets regularly at Pinkerton, Salem and Londonderry high schools. See school nurse for details.

Families on the Go – Wednesdays *10-11:30 am- Free workshops/support group geared toward families with young children. Share information regarding parenting young children in a small group format. Childcare is provided for morning sessions, and walk-ins are welcome, but registration is helpful for planning. Please call ext. 12 to register or for further information. Come visit our all new childcare room! *Please note time change

Supportive Connections The 5-week workshop for single parents and their children will be returning in the fall! Call UNH Coop. at 679-5616!

the upper room's programs

Families on the Go: Fun family outings and workshops geared to families with young children. Call ext. 12 for schedule of events.

Teen Information for Parenting Success

(T.I.P.S.): A school- and community-based program that provides resources, parenting education and peer support for pregnant and parenting teens. Call ext. 17 for details.

Greater Derry Juvenile Diversion: An alternative resolution to court action for juveniles. Call ext. 14 for this and all services listed below:

- **Y.E.S. Program:** A shoplifting alternative education course.
- **Challenge Course:** An alcohol and drug self-awareness program for youth.
- **UR Parents:** Ongoing weekly support and information meetings for parents of teens.
- **Take Control:** An instructional program in which youth learn ways to recognize, deal with and appropriately express their anger.

Derry Family Outreach: An Upper Room Familystrength collaborative. A home visitation program for families in need of support, education and/or counseling & short-term respite care. Contact Familystrength at 432-0463.

Active Parenting of Teens: An ongoing six-week program presenting the "active" approach to parenting by communicating together in order to solve problems. Offered in October and March. Call Ext. 18 to register.

Active Parenting of two- to 12-year-olds: An ongoing six-week program presenting the "active" approach to parenting children from the ages of 2-12. Offered in October and March. Call ext. 12 to register.

GED Prep Class for youth 16-23: A collaboration between The Upper Room and Rockingham Community Action's Compass Youth Program. Call 431-2911 or 1-800-556-9300 to register.

UR Traveling Workshops: Parent Workshops Designed for Today's Families. For a list of workshop topics and fees or to schedule a workshop in your school or community please call ext 18.

Internship Program: The Upper Room has internship opportunities for undergraduate and graduate college students in the areas of Administration, Programs and Childcare. Contact Cynthia Marshall at ext. 18.

parenting tips

Suggested Reading for Parents:

- Raising a Happy Confident Successful Child (T. Magee)
- Adolescence Isn't Terminal ((Dr. Kevin Leman)
- Reviving Ophelia (Dr. Mary Pipher) –for parents of girls

Proven Tips for Positive Parenting, by Ronald L. Breazeale, Ph.D.

- Show your love to be unconditional
- Provide one-to-one time with your child
- Set limits and provide structure
- Be realistic in your expectations
- Be in charge
- Communicate, don't lecture
- Ask for help when you need it
- Keep your sense of humor!

13 Tips for Keeping your Teenager out of Trouble!

www.pleasestoptherollercoaster.com

1. The "basics" really count!
2. Let your teenager know what you expect of him.
3. Invest in your relationship.
4. Encourage him to develop healthy outside interests.
5. Help your teenager develop responsibilities.
6. Look in the mirror and practice saying "no".
7. Learn how to ask the right (sometimes hard) questions of your teen and don't be afraid to pick up the phone and verify what you're being told.
8. Learn how to ask the right (sometimes hard) questions of your teen's friends' parents. Probe!
9. Be smart about cell phone and internet use.
10. Know the facts about drug and alcohol use and abuse.
11. Encourage teens to have appropriate outlets for emotional tension.
12. Expect to give up your weekend.
13. Earn your teenager's respect by your good, honorable, ethical and respectable behavior.



Meal times are the perfect time for some quality conversation.

1. Can you think of any clothes that I should never put on again? Why?
2. What do you think makes a person good-looking?
3. What sport (that you haven't tried) do you think you would be good at? Why?

events & happenings

July

- 5 GDJ Diversion Meeting
- 5 Families on the Go Workshop 10-11:30
- 11 FOG & TIPS Family Outing to Discovery Stop (Londonderry). Meet at 9:30am
- 11 UR Parents Support Group 6:30-7:30
- 11 GDJ Diversion Meeting
- 12 TIPS Summer Picnic 5-7 pm at The Upper Room
- 17 Challenge Course
- 18 GDJ Diversion meeting
- 18 UR Parents support group 6:30-7:30
- 18 FOG & TIPS Family Outing to Pawtuckaway State Park. Meet at 10 AM.
- 24 Challenge Course
- 25 GDJ Diversion meeting
- 25 FOG & TIPS Family Outing to Victorian Park (Salem) Meet at 10:00 AM.
- 26 Challenge Course
- 26 TIPS meeting, 6-8 pm
- 27 FOG and TIPS Family Outing to Seacoast Science Center, Meet at 10:30

August

- 1 FOG & TIPS Family Outing to Chuck E. Cheese (Manchester) Meet at 10 AM.
- 2 FOG Workshop - 10-11:30 AM
- 8 GDJ Diversion Meeting
- 8 UR Parents Support Group 6:30-7:30 pm
- 10 The Upper Room Summer Fun Fest Ice Cream Social 6-8 pm
- 15 FOG and TIPS Family Outing to The Children's Met (Derry) Meet at 9:30 am
- 22 GDJ Diversion Meeting

- 22 UR Parents Support Group 6:30-7:30 pm
- 23 NO TIPS
- 29 UR Parents Support Group 6:30-7:30 pm
- 30 GDJ Diversion Meeting

September

- 5 GDJ Diversion Meeting
- 5 UR Parents Support Group 6:30-7:30 pm
- 6 FOG Workshop: 10-11:30 am
- 6 TIPS 6-8 pm
- 12 GDJ Diversion Meeting
- 12 UR Parents Support Group 6:30-7:30 pm
- 13 FOG Workshop: 10-11:30 am
- 16 Look for The Upper Room at DERRYFEST!
- 19 GDJ Diversion Meeting
- 19 UR Parents Support Group 6:30-7:30 pm
- 20 FOG Workshop: 10-11:30 am
- 20 TIPS Meeting 6-8 pm
- 26 GDJ Diversion Meeting
- 26 UR Parents Support Group 6:30-7:30 pm
- 27 FOG Workshop: 10-11:30 am

October is Active Parenting Month!

Active Parenting Facilitators Training & Active Parenting Workshops! Check our website for dates and times!!

- 4 FOG Workshop - Active Parenting of 1-4 Year Olds, 10-11:30 am
- 4 TIPS meeting, 6:00-8 pm
- 11 FOG Workshop - Active Parenting of 1-4 Year Olds, 10-11:30 am
- 18 FOG Workshop - Active Parenting of 1-4 Year Olds, 10-11:30 am
- 18 TIPS meeting, 6:00-8 pm

- 27 Active Parenting Facilitator Training – Become an Active Parenting Facilitator! 8-4

November

- 1 FOG Workshop: 10-11:30 am
- 1 TIPS meeting 6-8 pm
- 3 "Rockin' our Community" Gala Auction and Dinner Event to support The Upper Room.
- 15 FOG Workshop: 10-11:30 am
- 15 TIPS Meeting 6:00-8 pm
- 29 FOG Workshop: 10-11:30 am
- 29 TIPS Meeting 6:00-8 pm

December

- 13 TIPS 6-8 pm., Holiday Party!
- Dec 25-Jan 1 - CLOSED

The Upper Room WISH LIST

- Healthy non-perishable snacks
- Quality baby and toddler equipment
- Solid shelving units
- Storage Shed
- Paper Products
- Office Supplies



36 Tsienneto Road
P.O. Box 1017
Derry, NH 03038-1017

Non-Profit
Organization
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**Return Service
Requested**

**"Strengthening individuals and families through
community connections, service programs and education."**

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We want to hear from you!

Family Matters
P.O. Box 1017
Derry, NH 03038
603.437.8477

www.urteachers.org

**Thank you to the many individuals and organizations whose
generous contributions allow us to continue serving the community:**

GMC Software Technology, Emerson Charitable Trust, The Oak Foundation, Salem Community Benefit, Inc., Wal-Mart of Derry, Playtex Corporation, Brownell Insurance, Le Beaderie, Luisa's Pizzeria, Rig A Tony's, BNI Londonderry Group, Dollar Bill's Discount World, Eastern Star, Citizens Bank Foundation, First Parish Congregational Church, Timothy Proctor, Episcopal Church of the Transfiguration, Wildwood Designs, United Way of New England, Joan Payeur, Ladies Aid Society of the Christian Union Church, Pinkerton Academy Student Activity Fund, Linda Bavaro, Cathleen and Paul Stuart, Estell Brown, Robert Cobban, Charles Statler, Tommy Robillard, Wayne Gerlitz, Janice Spillane, Dr. Torraca, Rockingham County, Town of Derry, Town of Londonderry, NHCTF, The Bishop's Fund, Londonderry Professional Women's Club, Heritage United Way, Alexander Eastman Foundation, Derry Kiwanis Club, State of NH DCYF

upcoming volunteer opportunities

- Youth or Adult -3 hours-once a month to organize donations. Call Brenda
- Youth interested in participating in the Tobacco Compliance Checks (SYNAR) during July. Call 432-8882
- Adult Volunteer Childcare Aide Call Cynthia
- Youth to help organize Summer Fun Fest. Call Kim
- Youth to help The Upper Room at Derryfest on Sept. 16. Call Kim
- Adult Volunteer wanted for clerical assistance. Call Cynthia
- Summer Garden Upkeep!