



Parenting classes offered at The Upper Room, a Family Resource Center

Strong parents = strong families!

Derry, NH, October 2, 2013 – The Upper Room, a local Family Resource Center offers a comprehensive selection of Parent Education classes for today's families. Being prepared as a parent is the best strategy you can have in dealing with the challenges of raising children today.

“The daily stresses of managing home, work, and the many challenges that raising children bring to the table can be difficult, and it can even feel overwhelming. We want to prevent the stress and offer solutions,” says Kimberly Bavaro, Executive Director of The Upper Room.

The Upper Room's 2013-2014 Parent Education schedule is comprised of nine different courses, and answer questions to the most common parenting questions including:

- How to say “no”
- How to provide guidance
- How to discipline
- What is normal for the age of my child?

The Upper Room's Parent Education courses arms parents with responses and skills to manage situations that arise at home. So, if you've ever found yourself frustrated, scared, angry and/or just wanting to be proactive, join us for one of our many classes or support groups. Being a parent can be fun, and it can be done!

View <http://urteachers.org/programs-parenting.html> for a full list of classes, or call 603-437-8477 x 27.

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About The Upper Room

Founded in 1986, The Upper Room, A Family Resource Center is a non-profit 501(C) 3 organization committed to creating educational programs and services, which strengthen individuals, families and the community. Our center is a warm, welcoming place where families receive information and support not only in times of crisis but on a day-to-day basis. There are no barriers, income guidelines or geographic limitations to participation. Our doors are open to all who come to them. For more information, call (603) 437-8477, or visit our website at www.URteachers.org