

# The Upper Room

A Family Resource Center  
2016-2017

Parent Education Programs  
36 Tsienneto Road  
Derry, NH



[www.urteachers.org](http://www.urteachers.org)

603-437-8477

The Mission of The Upper Room: *Strengthening individuals and families by providing them with education and resources needed to lead healthy, self sufficient lives.*

The Upper Room has been celebrating families in the community for 30 years!



## Parent Education Evening Workshops

Parents and Teens can attend together\*

(10\$ registration Fee/per family)

- \***Depression: True Stories** Sept. 26, 2016 6:15 – 7:30PM
- Being a Dad-Dad's 101** November 14, 2016 6:15 – 7:30PM
- \***Digital Footprint/Realities of Text** Feb. 6, 2017 6:15 – 7:30PM
- \***A Turn in the Road-Distracted Driving** April 10, 2017 6:15 – 7:30PM
- \***Drugs/Alcohol and You-Your Choice** May 11, 2017 6:15 – 7:30PM

## Super Parent Saturday Sept. 17, 2016 9:30-2PM \$40/person

(Choose a track for the day)

Track 1: Positive Parenting 1,2, 3 Magic and More

Track 2: Teen Risks Concerns for Parents:

Online Safety-Texting, Substance Use, Strategies to communicate, build esteem, and set boundaries.

Track 3: Educational support for Kids: Bright Kids, Bad Grades; Difficult Conversations, and Good Kids, Bad Choices

## Super Parent Saturday Feb. 11, 2017 9:30 – 2PM \$40/person

(Choose a topic in 1, 2 and 3) ↓Parents & teens\*

(Snow date 2/18)

1	Single Parenting	Depression*	Development of Young Children
2	Communicating w/Kids	Drugs, Alcohol and You*	Baby/Young child basics
3	Encouraging Self Esteem	Sticks and Stones & A Violent Age*	How to play w/ your young child

## CROSSROADS-Co-Parenting Course

\$80/person

Protect your child from the effect of long term conflict during and after a divorce

Oct. 3, 17& 24, 2016 6:00-8:15 PM

March 6, 13, 20 & 27, 2017 6:00-8:00 PM

## Parents on Board- For Parents of 4 – 14 year olds \$50/person

Helping your child succeed in school and life

October 3, 17 & 24, 2016 6:00-8:15 PM

## Step Parenting What is your role in this child's life? \$50/person

March 6, 13, 20, & 27, 2017 6:00-8:15 PM

## Active Parenting your 1-4 Year Old \$50/person

Development, discipline, and encouragement

March 6, 13, 20 & 27, 2017 6:00-8:00 PM

## Active Parenting of Teens \$50/person

October 3, 17, & 24, 2016 6:00- 8:15 PM

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We offer educational programs, support, resources, and referrals in Southern New Hampshire.

*The Upper Room recognizes that all families are unique and that children may be living with parents, grandparents, siblings or other relatives or caregivers. If our classes would help you strengthen your relationship with a child living in your home, we want you here!*



### Hour Power Lunch Time Workshops

Wednesdays 11:30AM – 12:30PM FREE

Parents, Grandparents or caretakers join us! (If this is your lunch hour, feel free to bring it along)

Visit our website for a complete listing of topics.

### Weekly Parent Support Groups

#### Parents of Teens/UR Parents Support group (Free)

Thursdays 6:30 – 7:30 PM

*Come talk, share, ask questions about your teen.*

#### Parents of kids 0-6 /F.R.O.G. (playgroup/childcare) (Free)

Wednesdays 9:15 – 10:45 AM Coffee and light refreshments

*Learn, share, gain information about parenting and the community*

#### Teen and Young parents up to 23 / TIPS (Free)

Wednesdays 5:00-7:00 PM (Childcare available)

*Light Dinner included Information, education, support, and resources*

#### Greater Derry Family Outreach promotes:

##### Family Wellness

*In Home Parent Education and Counseling*

##### Preventive Counseling Services of The Upper Room:

*Offering Counseling, Co-Parenting, and Anger Management Assessments*

*The Upper Room 2016-2017 Family Wellness Program which includes; Parent Education, is supported through **The Alexander Eastman Foundation** and **The Derry Village Rotary**.*

