



# Parenting Education SPRING 2012

At The Upper Room, a Family Resource Center



**Parenting isn't the only influence on a child...but it is the one we can do most about.**

## "1, 2, 3 Magic!"

**Effective Discipline for Children 2-12.** Kids are just kids! In addition to being delightful, charming and affectionate, children can also present their parents with a steady diet of difficult behavior: For this reason, we are offering solutions!

**Mondays Jan 9, 16, 23 from 6:30 – 8:00 pm in the Briggs Center- A**

**Contact Sue Schick x22 to register. \$30 fee**

## Active Parenting 1,2,3,4!

**Is parenting your little one tougher than you thought it would be?** This workshop will show you...Discipline methods that work • How to prevent tantrums • How to make rules your child will follow. • Routines that make life easier • The best ways to childproof your home • How to care for your child at different stages • Great ways to take care of yourself!

**Mondays March 12 through March 26 from 6- 8 pm in the Briggs Center-A**

**Contact Sue Schick x22 to register. \$30 fee**

## Active Parenting of 5-12 Year Olds

**Be the BEST parent you can be!** Even under the best of circumstances, parenting can be a real challenge today. While we don't pretend to have all of the answers, we do have sound and practical information about parenting that we would like to share with you. More tools for your "parenting toolbox" on how to handle situations with your child.

**Mondays March 12 through April 16 from 6-8 pm in the Classroom.**

**Facilitator- Sue Schick x22 to register. \$40 fee**

## Active Parenting of TEENS

**A survival course for parents of preteen and teens!**

Insight into discussing violence, sex, alcohol, and drugs • Help communicating with your teen • Setting limits and boundaries • Solving problems together • Reinforcing your teen courage and inner strength • Building your teens sense of responsibility.

**Mondays March 12 through April 16 from 6- 8 pm in the Briggs Center-B**

**Facilitator-Elaina Wheaton x19 to register \$40 fee**

## Fatherhood Summit

**A two day workshop to discuss what it means to be a father in today's society.** We welcome new Fathers as well as seasoned pros! Come and discuss challenges as well as successes and learn what resources are out there to make you the best Dad possible.

**Mondays June 4 and 11 from 6-8 PM in the Briggs Center**

**Facilitator- Janis Lilly x12 to register \$20 fee**

**To register for any of our classes**

**please call 603-437-8477 and the extension listed for the class. Pre-registration is required for all classes.**



603-437-8477 [www.urteachers.org](http://www.urteachers.org)

*Celebrating families for 25 years.*

**36 Tsienneto Road  
Derry, NH 03038**



## **The Upper Room's Weekly Regular Parent Support**

### **Mondays:**

TWEEN Parent Support Group 6:30-7:30pm  
Sue Schick x22 – Consaga Loft

### **Wednesdays:**

FROG Parent Support/ Playgroup 9:30-11am  
Sue Schick x22 - Briggs Center  
TIPS Parent Support/Playgroup 6-8 pm  
Janis Lilly x12 – Briggs Center

### **Thursdays:**

UR Parents Support Group 6:30-7:30pm  
Michael Blau x14 – Consaga Loft

*If you would be interested in a  
Saturday "Parenting 101?" class...  
Let us know at x18*