



FAMILY MATTERS

36 Tsienneto Road, PO Box 1017, Derry, NH 03038
603-437-8477 www.urteachers.org

How do we thank our generous volunteers, funders, partners and community members?

By throwing them a party and inviting the whole town!

The 5th Annual
**Ice Cream Social
Celebration
will be held on
August 9, 2007
from 6-8 PM
at The Upper Room.**

Everyone is invited to join us as we thank our volunteers, funders, community partners and families!

Ice cream sundaes, games, music, bounce house, popcorn... and it's all FREE!

Save The Date!

The Upper Room's 6th Annual Gala Dinner and Auction Event will be held at Promises to Keep on Friday, **November 2, 2007 at 6pm**. This is your chance to support our programs, have a fabulous meal and bid on some great items! To become a sponsor for this event, donate items or purchase tickets contact Kim Bedard at The Upper Room, 603-437-8477 X 16 or kbedard@urteachers.org. Tickets are \$50 each.

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 any place 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!

Bavaro Scholarship Winners



Executive Director, Kimberly Bavaro, presented the \$500 Bavaro Foundation Scholarship awards to Mallory Joel and Amy Gendreau.

The annual scholarship is named for Bavaro's Father-in-law, John "Butch" Bavaro, who passed away in 2005. He was an active volunteer and supporter of The Upper Room. The scholarship program accepts applications from all graduating high school seniors and GED graduates with plans for continued post-secondary education. Mallory Joel of Merrimack and Amy Gendreau of Derry were this year's recipients of the \$500 awards. Each composed an essay on the importance of volunteerism and the difference one person can make in a community.

Derryfest 2007 will be held on Saturday, **September 15** from 10 AM to 5 PM at MacGregor Park in Derry. Come visit us at our booth!

Annual Holiday Food Drive- Please join us in providing meals for families this holiday season. We will be accepting donations of non-perishable food items for Thanksgiving and Christmas.

The Upper Room, A Family Resource Center

Mission:

To strengthen individuals and families through community connections, service programs and education.

Board of Directors

Renee Fellows - Chairperson; Clearpoint Marketing
 Michael Caruso - Vice Chairperson; C & G Insurance
 Steve Scheiner - Treasurer; Citizens Bank
 Brenda Davis - Secretary; Community Bank & Trust
 Thelma Hutton - Retired Chester College
 Cathy DiCampo - Derry News
 Marie Brownell - Brownell Insurance
 Mike Royce - Hannaford Supermarket
 Joanna Hyatt - Pinkerton Academy

Staff

Kimberly Bavaro	Executive Director
Cynthia Marshall	Operations Director
Linda Wojtkiewicz	Financial Administrator
Ruth Kay	Development Manager Parent Educator
Kim Bedard	Administrative Assistant
Diane Casale	Greater Derry Juvenile Diversion Program Coordinator
Brenda Guggisberg	TIPS Program Coordinator GED Case Manager
Sue Schick	GDFO Program Coordinator FOG Program Coordinator Parent Educator
Elaina Wheaton	GED Teacher Parent Educator Take Control Facilitator
Gennie Traversy	Juvenile Diversion Assistant CSLO Supervisor YES Facilitator
Esther Connelly	Childcare Provider
Ruth Pendergast	Childcare Provider
Cheryl Haidaichuk	Challenge Facilitator
Martha Raymond	Challenge Facilitator
Laura Wilmoth	YES Facilitator
Jon Kay	Activities Assistant
Cara Long	Childcare Substitute
Michelle Smith	Take Control Facilitator
Patricia Doherty	Take Control Facilitator
Meredith Richardson	Take Control Facilitator

Program Spotlights



*Spring 2007
 GED-Prep
 Class*

GED Prep Class Information

The GED Prep Course is an educational life skills program that supports young students ages 16-23. This FREE opportunity provides classroom teaching and tutoring to assist students in gaining the skills needed to take and pass the GED test. If you are serious about getting your GED, and can commit to 12 weeks of classes, 3 days a week for 3 hours each day, you can apply for the program. We provide FREE onsite childcare to the first 5 children enrolled.

Important Dates to Remember!

August 22 at 5:00-6:00 pm - Information Night

September 4 at 9:30 am - Classes Begin



Thank you to everyone who provided meals for the GED class on Fridays!!

Mike Caruso, Ruth Kay, Marie Brownell, Kimberly Bavaro, Paula Weber, Thelma Hutton, Linda Wojtkiewicz, and Brenda Davis along with our friends at Community Bank and Trust



*Sue Schick and
 Janet Nodine
 of the
 Greater Derry Family
 Outreach Program.*

Greater Derry Family Outreach

The Greater Derry Family Outreach Program provides comprehensive family support to families throughout 7 communities! This program helps families with communication, parenting, social isolation, substance abuse and physical, emotional and mental health issues. This FREE service is coordinated by Susan Schick, MA a seasoned member of the Upper Room Team. Joining Sue as a Home Visitor is Janet Nodine, formerly a counselor with FamilyStrength in Derry. Janet brings with her a great deal of experience working with families and we are excited to welcome her to The Upper Room family.

Finding Help When You Need It

Thank you to www.childwelfare.gov/preventing and www.nhctf.org for the following information:

What's Happening - Being a parent is a 24-hour-a-day job, and sometimes it can feel overwhelming. Extra challenges can add to a parent's stress. For instance:

- Having a new baby
- Having a child with a disability
- Feeling alone, or not having friends or family nearby
- Being a single parent or having a partner who does not support you
- Dealing with money trouble, problems with your job, or housing concerns

What You Might Be Feeling - When life is stressful, parents sometimes feel:

- **Angry** - at your spouse, your friends, or even your children.
- **Lonely** - like you are the only person dealing with so many problems.
- **Depressed** - sad and unable to face your problems.
- **Overwhelmed** - you don't know where to begin or you feel like giving up.

What You Can Do - Stay in contact with friends and family who support you and help you feel good about

yourself. Other parents are a good source of support. If you think stress may be affecting the way you treat your children, or if you just want some extra support, try the following:

- **Talk to someone** - Tell a friend, health-care provider, counselor, or a leader in your faith community how you feel. Or join a support group for parents.
- **Get babysitting help when you need a break.** Some parents trade babysitting with another family, so each parent gets a break.
- **Reach out to other parents.** You may find parents with children the same ages as yours at a local playground, your church, or your child's daycare or school.
- **Call a help line.** Most states have help lines for parents. *Childhelp* runs a national 24-hour hotline (1-800-4A-CHILD)
- **Talk to your child's school.** Teachers and school counselors often can point you to other places that can help.
- **Take a class for parents.** You can always learn new skills to care for your children. Classes for parents on discipline, school success or child development can help you build on what you already know about raising a happy, healthy child.
- **CALL THE UPPER ROOM!**

Ongoing Events and Programs

UR Parents Support Group - Tuesdays from 6:30-7:30 pm - Bring questions and concerns about your teen to this weekly open support group.

Teen Information for Parenting Success – TIPS - Supporting teen families. Meetings held every other Wed from 6-8 pm. Includes free childcare. Learn how to parent, to be financially stable and to live your dreams!

Take Control – Anger Management for Youth– Tired of everyone ticking you off? Then **TAKE CONTROL!** Learn how to turn things around so anger doesn't get the best of you. Have fun with friends, get and keep a job, and less frustration in your life! Classes to be held Tuesdays and Thursdays - August 7,9,14,16,20, October 2,4,9,11,16 and December 4,6,11,13,18 from 6-8 pm. Fee.

Families on the Go – FOG – Workshops/Support Group and Playgroup– For families with young children. Held every Wednesday from 10:00-11:30 AM.

Take THE CHALLENGE

Have you been in trouble for smoking pot or drinking alcohol? Do you want to say NO but don't know how? Are your parents on your case all the time? Have you thought about trying to stop? If you answer yes to any of these questions you need to....**TAKE THE CHALLENGE** - a drug and alcohol education program for youth.

Community Service Learning Opportunities – Want your child to get involved in the community? Need community service hours? The CSLO program offers adolescents the chance to help their communities in a variety of ways through supervised community service projects. Fee.

Are you someone in need of community service assistance? We are always looking for new projects!

THANK YOU TO OUR FUNDERS



Town of Derry
 Town of Londonderry
 Bishop's Fund
 Roger's Family Foundation
 Harris Brothers Foundation
 Rockingham County
 Derry Village Rotary Club
 Rotary Club of Londonderry
 OAK FOUNDATION
 New Hampshire Charitable Foundation
 Local Businesses and Service Organizations



The Upper Room's Annual Appeal for a Better Community is still going strong! Thank you to all of you who have helped us make positive change in our community!

Director's Circle

Paul Torraca, D.M.D.
 David and Amy Lee
 Karen Hagan
 Carole Orlosk
 Deborah Schleicher
 Benway-Johnston
 Insurance
 Peabody Funeral Homes
 Joie Gerrish

Friend

Cheryl Tsechrintzis
 Steve and Christine Scheiner
 Joanna and Sheila DeRoche
 Dave and Anita Huse
 Anonymous

Donor

Beverly Cote
 James and Eloise Villecco
 James Gray
 Leo and Melanie Vansteensburg

Donations have been made in memory of Ida Cerasale.

Who We Serve	Programs We Offer	The Difference We Make
<ul style="list-style-type: none"> • Parents and their children • Youth exhibiting unhealthy behaviors • Out-of-school youth • Individuals in need of information and resources 	<ul style="list-style-type: none"> • Parenting Education • courses and support groups • Teen Information for Parenting Success (TIPS) • Greater Derry Family Outreach (GDFO) • Families on the Go (FOG) • Pre GED Classes • Greater Derry Juvenile Diversion Program <ul style="list-style-type: none"> ○ Challenge ○ Take Control ○ YES ○ UR Parents ○ Community Service Learning Program 	<ul style="list-style-type: none"> • 89% of parents who participated in an Upper Room parenting education course reported improved parenting skills. • 83% of parents who participated in an Upper Room parenting education course reported improved family communication. • 87% of Greater Derry Juvenile Diversion participants do not re-offend. • Less than 10% of TIPS teen families were referred to DCYF for abuse and neglect • In the last two years, 24 youth in The Upper Room's GED prep program obtained their GED • 100% of youth participating in Challenge reported an increase in their factual knowledge of drugs and alcohol. • Hungry children, youth and families are fed through our programs nearly every day. • Over 7,000 individuals contacted The Upper Room looking for information, resources, referrals and support.

The Legacy Society

Make a lasting difference in the lives of children now and in the years to come. When you bequest a gift of money or property through your will, you are leaving behind a gift that endures. The Upper Room is pleased to offer this option to our families, donors and community as a meaningful way to give back and be remembered. Please call for more information.

Join us in making a difference through a tax deductible donation to:
 The Upper Room, PO Box 1017, Derry, NH 03038

Family Field Trips... where Kids are always free!

July 10th Seacoast Science Center, 10AM, - Come explore the center and then venture outside for walks along the rocks and in the water. Bring a bag lunch and plenty of sunscreen!

July 17th SEE Science Center, 10AM, Adults \$5! - Hands on Museum of Science.

July 24th Chuck E. Cheese (Manchester), 10AM, Free Tokens and a slice of Pizza! Come and enjoy the cool, while your kids play!

July 31st Pawtuckaway State Park, 10AM. Come enjoy a day swimming and playing. Bring a bag lunch if you would like to stay!

August 14th Humphrey Park, 10AM. Bring your lunch if you would like to stay and eat! Open to the public, come and enjoy a day of fun with your kids!

August 21st Victorian Park, 10AM, Adults \$5! Come play a fun game of golf and enjoy your kids! Kids receive a FREE ice cream.

September - Apple Picking at Mac's! Call for date and time!

October - Pumpkins at J & F Farms! Call for date and time!

"Side by Side Cooking Class" – Cook with us!

Learn some new cooking techniques and fun nutritious ideas! For parents and their children ages 5 and up. Childcare provided for the younger children. Summer Classes held Wednesdays July 11, 18, 25 & August 1st from 10 AM to 12 PM. Fall dates TBA. Free! Limited Space Available! Sponsored by Operation Frontline & UNH Cooperative Extension.

Fall Family Programs!

Mommy & Me "Moving" Time! –

Exercise - Development - Health & More for Moms and their Tots! Dates TBA!

Story Hour - Parents & Children, enjoy a story and an activity! \$1.00 a week! Dates TBA!

Supported through the FOG and TIPS Programs. To register and for more information call 437-8477.

PARENTING CLASSES

Pre-Register at 437-8477 for all classes. All classes are free unless otherwise noted.

1-2-3 Magic - Easy-To-Learn and Effective Parenting Solutions from Dr. Thomas Phelan. Monday, September 10th and 17th from 6-8pm. Fee.

Active Parenting of 0-4 Year Olds - Teaching the stages of development, building the bond between your child and you, how to use non-violent discipline skills, choices and consequences, and the power of encouragement! Wednesdays, Oct. 3 and 10 from 10-12pm. Fee.

Active Parenting of 5-12 Year Olds - Learn the skills that will help you develop cooperation, responsibility and self-esteem in your children. As well as positive discipline techniques so you can avoid those all-too-familiar power struggles. Mondays, Oct. 1,8,15,22,29 from 6-8:30. Fee.

Active Parenting of Teens -

Survival Class for parents of teens! When the words "**BECAUSE I SAID SO**"...just don't work!!

- Help communicating with your teen on violence, sex, alcohol and drugs
- Setting limits and boundaries
- Reinforcing your teen's courage and inner strength
- Solving problems together
- Building you teen's sense of responsibility

September 10, 12, 17, 24 and 26 from 6-8:30 pm. Fee.



New Class!!

You've asked and we've listened!

Cooperative Parenting and Divorce -

In partnership with UNH Cooperative Extension. This program gives divorcing parents the power to make positive changes that shield their children from parental conflict and guide them into establishing a long-term relationship with the child's other parents. Class will be held in the Fall. Please call for dates. Fee

Active Parenting Professional Certification Training

Parents on Board - October 19

1,2,3,4 Parents! - December 7



We're on the Web!

Visit us at:

WWW.URTEACHERS.ORG

36 Tsienneto Road
Derry, NH 03038

Phone:
603-437-8477
Fax:
603-425-6256

DONATIONS NEEDED

- Diapers, baby wipes, formula
- 2 inch binders, pocket folders, single subject notebooks, pens
- Beverages, Bottled water
- Non perishable foods for breakfast, snacks and lunch
- Locking Storage Cabinet
- Portable table top display
- New Television with DVD player

Table Talk

www.duringdinner.com

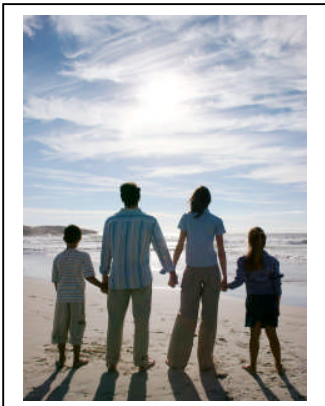
1. How would you spend a million dollars?
2. What season do you like best and why?
3. Can you do anything better than your parents? What is it?
4. If your family were to start a family business what would it be?



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Return Service
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Changing Lives, Building Community - Together