



The Upper Room Adds Several New Parenting Classes to its 2014-2015 Schedule

Roster includes Active Parenting classes, general workshops, situation-based classes, and support groups

Derry, NH, June 15, 2014 – Today, The Upper Room, a Family Resource Center, announces its 2014-2015 Parenting Education schedule. The community non-profit offers several workshops and support groups that are free of charge, and holds classes for parents with children of any age. New to the schedule are two workshops and one monthly drop-in informational session.

Parent Education offers many benefits, such as strengthening parent-child communication, learning techniques for positive influence, and preventing substances abuse. Jessica, a parent from Londonderry who recently participated in a Parent Education class at The Upper Room stated, "I feel more empowered as a parent. I have gained ownership and confidence in my role."

The first item new to The Upper Room's 2014-2015 Parent Education schedule is a complete Parent Education Workshop – a full day of modified versions of classes The Upper Room has been holding for many years. The workshop caters to those who may not be able to attend recurring classes, and/or those who would like to get a sense for what parent education is like, before committing to a class that spans over multiple weeks.

Next, The Upper Room is holding a workshop on Understanding ADHD and Sensory Issues. The session is open to parents, teachers, and childcare workers looking to gain a better comprehension of ADHD and sensory issues, and practical tips on how to work with children managing said afflictions.

The last item making its debut on The Upper Room's 2014-2015 schedule is the Parent Portal. The Parent Portal is a monthly drop-in informational resource for parents, offering basic parent education tools, ideas, and referrals to additional services, if needed.

"There's a misconception that parenting classes are strictly for those parents who are looking for ways to cope with a challenging situation," said Brenda Guggisberg, Program Coordinator. "While The Upper Room does have classes for those faced with difficult circumstances, parent education is for any and all parents who strive to be the best care taker they can be. It may sound cliché, but children do not come with manuals, and all parents can benefit from learning new techniques and tips. Seeking parent education is not a sign of weakness; it's a way to empower yourself as a parent!"

In addition to the new offerings, The Upper Room's 2014 – 2015 Parenting Education schedule also consists of the following classes and workshops:

- Active Parenting of Teens
- Active Parenting of 5-12 Year Olds
- Active Parenting 1, 2, 3, 4 (For parents with children ages 1-4)
- 1-2-3, Magic! (For parents with children ages 2-12)
- Co-Parenting – Crossroads of Parenting and Divorce (For divorced or separated parents)
- Families Reaching our Goals (FROG) Weekly Support Group (For parents with children ages 0-6)

- Teen Information Parenting Success (TIPS) Weekly Support Group (For pregnant or parenting young adults – teenagers through 23 years old)
- UR Parents Weekly Support Group (For parents of teens)

To learn more information, please visit www.urteachers.org/programs-parenting.html. To register, use the link provided, or call 603-437-8477 x 18.

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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