

“Strengthening individuals and families through community connections, service programs and education.”

Family Matters

A free newsletter for the greater Derry community brought to you by The Upper Room, A Family Resource Center

News from The Upper Room...

Bavaro Scholarship deadline has been extended to Feb. 1, 2006. This \$500 scholarship will be awarded to a high school senior or individual pursuing post-secondary training or education. The scholarship funds are unrestricted and may be utilized for tuition, books, fees or living expenses while attending school. Please call The Upper Room for an application or download one at www.urteachers.org.

The Upper Room welcomes Paula Hurley as Juvenile Diversion Assistant! To the Greater Derry Juvenile Diversion Community Review Team Volunteers, THANK YOU for your many hours of service to the youth in the community. You are terrific, tireless and extremely innovative! Diane and Paula

The Upper Room is seeking a highly motivated, organized intern to co-manage the 3rd Annual Youth Job/Opportunity Fair. Duties will include contacting employers, visiting sites, securing employers to do on-site interviews, public relations, advertising, space organization, seeking volunteer and camp opportunities. To apply: send resume and cover letter, along with two employer/professor letters of reference to The Upper Room.

The Upper Room wants to know what families identify as their greatest needs and what our youth identify as desirable services. More than 2000 community surveys have been distributed in the greater Derry community over the past three months. More than 700 youth from Gilbert H. Hood Middle School and 660 from Pinkerton Academy's Freshman Class completed the youth survey. Nearly 19% identified a need for family mediation services and 20% think job training for youth is a good idea. We are still awaiting completed surveys from Pinkerton and other community sites, so we will publish the final results in our next newsletter.

The Upper Room has joined the New Hampshire Food Bank (NHFB) both as a participating agency and as a volunteer agency. The FOCUS program regularly brings suspended youth to the Food Bank to help with sorting the donated items. This has proven to be a most successful alliance for our youth, as they see a need greater than their own. Our volunteer hours also give us credit toward our food purchases.

The TIPS program distributed Thanksgiving and Christmas food baskets (with turkeys!) to nearly 30 of its young families. We were able to purchase the food at NHFB for pennies on the dollar. Thank you to Irving Oil who participated in the NH Food Bank Turkey drive on our behalf. Our association with the NH Food Bank has given us the ability to further assist the young families we serve throughout the entire year.

Beginning in January, **FOG will be facilitating evening parenting classes** twice a month! See calendar for dates and times!

Does your child need community service hours for school? Once a month we offer "Community Service Hours" for youth. Activities include receiving and sorting donated clothing, toy washing and newsletter preparation. Please call Kim Bedard 437-8477 ext. 21. See calendar for dates!

Save these Dates!

April 15: iSAFE Internet Safety Class for adults from 9 a.m. to 2:30 p.m., taught by Peter LaMonica. Call 437-8477 ext. 16 for more information.

May 8: The Upper Room will host the 3rd annual "Youth Opportunity/Job Fair" from 1-8 p.m. for youth ages 15-25. We are looking for local businesses that need part-time summer help as well as full-time entry level opportunities for 18-25 year olds, summer camps, volunteer or internship opportunities, youth groups and clubs that will provide area youth with activities for the summer time! Please call The Upper Room if you would like more information on reserving a space!

June 4: 5th Annual Race for Community Health (ARCH) Road Race!

36 Tsienneto Road
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Derry, NH 03038-1017



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We want to hear from you!

Family Matters
P.O. Box 1017
Derry, NH 03038

603.437.8477
www.urteachers.org

We proudly thank the many individuals and organizations whose generous contributions allow us to continue serving the community:

J & F Farms; SNHU; The Girl Scouts; Manchester Regional Community Foundation, a regional division of the NH Charitable Foundation; Daniel Webster Council Outreach Program; Bureau of Public Health, Division of Prevention Services; Wal-mart; Women's Professional Fund; NH Children's Trust; Kenneth and Bonnie Jean Moreau; Greater Londonderry Business and Professional Women; Granite River Studios; Dave Stephens; Bishop's Charitable Assistance Fund; St. Peter's Episcopal Church; Fidelity Investments; iCare Workplace Giving Program; The Schleicher Family; United Way of Merrimack County; Ladies Benevolent Society of Central Congregational Church; Chester Congregational Church; Derry Community Fund; The Kay Family; Apples and Oranges Music; Citizens Bank; Citizens Bank Foundation; Harris Brothers Foundation; First Parish Congregational Church; Rotary Club; Heritage United Way; Carole Orlosk; OJJDP; Alexander Eastman Foundation; Richard Tremblay; Thunderline-Z; Kiwanis Club of Greater Derry NH Inc.; Oak Foundation; Eastern Star; Town of Derry; Town of Londonderry; Rockingham County; Harold Marrow.

The Upper Room "wish list"

TV with VCR/DVD combo; Cookie sheets/spatula's; Brochure racks, literature holders; laptop computer for presentations; non-perishable food

the upper room's programs

Youth In Action (Y.I.A.): An after-school and summer program for middle school youth offering adventure-based activities, community trips and mentoring/leadership opportunities. every Tuesday and Thursday from 2-6 pm, offering Community News and Outdoor Adventures After School enrichment program open to all middle schoolers in the area. Call ext. 16 for details.

FOCUS: A daytime enrichment program for middle school students offering academic assistance, topical workshops, life skills and community service opportunities. Call ext. 18

Active Parenting of Teens: An ongoing six-week program presenting the "active" approach to parenting by communicating together in order to solve problems. Call ext. 18 to register.

Active Parenting of two- to 12-year-olds: An ongoing six-week program presenting the "active" approach to parenting children from the ages of 2-12. Call ext. 12 to register.

Families on the Go: Fun family outings and workshops geared to families with young children. Call ext. 12 for schedule of events.

Teen Information for Parenting Success (T.I.P.S.): A school- and community-based program that provides resources, parenting education and peer support for pregnant and parenting teens. Call ext. 17 for details.

- **Young Fathers Group:** Support and education for young fathers up to age twenty-three.

Derry Family Outreach: An Upper Room Familystrength collaborative. A home visitation program for families in need of support, education and/or counseling. Contact Familystrength at 432-0463.

Greater Derry Juvenile Diversion: An alternative resolution to court action for juveniles. Call ext. 14 for this and all services listed below:

- **Y.E.S. Program:** A shoplifting alternative education course.
- **Challenge Course:** An alcohol and drug self-awareness program for youth.
- **UR Parents:** Ongoing weekly support and information meetings for parents of teens.
- **Take Control:** An instructional program in which youth learn ways to recognize, deal with and appropriately express their anger.

parenting tips

Infant/toddlers: Crawl around on your floor to see the safety issues your 6-9 month old faces – like cords, outlets, stairs, breakables etc. Stacking Cups (and of course knocking them over) makes for tons of fun!!

Preschool: Let your child overhear you talking about something they have done well! Draw faces on index cards with your child and talk about feelings that the faces express!

School-age: Be aware of events going on at school and volunteer!

Youth: Write your youth or teen a letter of encouragement telling them how proud you are of them. It is important that kids know what you stand for. It's equally important that they know what you won't stand for. Ask your 12-year-old how they would handle unusual circumstances to be sure they are ready to be home alone.

Teens: Nature teaches us that actions have consequences. With nature, there are no rewards or punishments – only consequences. If we stand in the rain we get wet. So it is in society. Laws and customs dictate that actions have consequences. Trustworthy youth gain more freedom. Important qualities of effective consequences are: related to the action; timely; not too elaborate; applied consistently; enforced calmly, respectfully, angerless; given without shame or harm to the child.

resources for families

The Upper Room is a member of Family Support NH and the Network of N.H. Family Resource Centers, a non-profit corporation representing a statewide coalition of resource centers providing support services N.H. families. For more information visit www.familysupportnh.org.

Internet safety information for parents and children can be found at www.webwisekids.org.

Family Resource Connection is a special service of the NH State Library that provides free information about all aspects of raising, caring for and educating children. Call (603) 271-7931, 800-298-4321 or visit online at FRC@library.state.nh.us.

Infolink is a FREE information and referral service for Rockingham and Strafford counties. For more information call 888-499-2525 or visit their website at www.infolinknh.org.

CATS (Community Alliance for Teen Safety) is an organization whose mission is to increase awareness among Derry, Londonderry and Salem teens and their parents of high-risk behaviors that results in crashes, injuries and fatalities. Learn more by visiting their website at www.catsevents.org or by calling 434-5251.

events & happenings

January

10 Community Service and Donation Drop-off, 2:30-5 p.m.

11, 18, 25

F.O.G., 9:30-11 a.m., "So You Say You're Angry?"

11 T.I.P.S. "Healthy Relationships", Learn & Shop, 6-8 p.m.

17, 31

F.O.G. Workshop: - Anger Management Issues for Parents and Children, 6:30-7:30 p.m.

25 T.I.P.S., "Healthy Relationships" Pizza Night, 6-8 p.m.

31 Y.I.A. - First day of Winter Session - Community News, 2-6 p.m.

February

1, 8, 15

F.O.G. Workshop: 9:30-11 a.m., "Teaching the ABCs of Life"

7 Community Service and Donation Drop-off, 2:30-5 p.m.

7, 21

FOG Workshop: "Raising Kids 'Successfully'", 6:30-7:30 p.m.

8 T.I.P.S. - "Kids and Discipline: Start Early!", Learn & Shop, 6-8 p.m.

22 T.I.P.S. - Craft Night, Nachos Galore!, 6-8 p.m.

- * Challenge Course TBA
- * Take Control Workshop TBA

March (Active Parenting Month)

1, 8, 15, 22

F.O.G. Workshop: 9:30-11 a.m., "Oh, How They Grow!"

2 Active Parenting of 2-12 Year Olds (Class 1 of 4), 7-9:15 p.m., \$40 fee

7 Community Service and Donation Drop-off, 2:30-5 p.m.

7 Active Parenting of 1-4 Year Olds (Class 1 of 3), 6:30-7:30 p.m., \$40 fee

8 T.I.P.S. - "Nutrition, Cooking and Budgeting", Learn & Shop, 6-8 p.m.

9 Active Parenting of 2-12 Year Olds (Class 2 of 4), 7-9:15 p.m.

14 Active Parenting of 1-4 Year Olds (Class 2 of 3), 6:30-7:30 p.m., \$40 fee

16 Active Parenting of 2-12 Year Olds (Class 3 of 4), 7-9:15 p.m.

20 Active Parenting of Teens (Class 1 of 5) 6:30-9 p.m.

21 Active Parenting of 1-4 Year Olds (Class 3 of 3), 6:30-7:30 p.m., \$40 fee

22 T.I.P.S. - "Healthy Cooking" Come Hungry!, 6-8 p.m.

23 Active Parenting of 2-12 Year Olds (Class 4 of 4), 7-9:15 p.m.

27 Active Parenting of Teens (Class 2 of 5) 6:30-9 p.m.

30 First Day of Spring Session of YIA Outdoor Adventures, 2-6 p.m.

31 Active Parenting Today (2-12 and Teens) Facilitator's Training, 8:30 a.m. to 4 p.m., CEU's offered.

April (Child Abuse Prev. Month)

3 Active Parenting of Teens (Class 3 of 5) 6:30-9 p.m.

4 Community Service and Donation Drop-off, 2:30-5 p.m.

4, 18

F.O.G., Childhood Nutrition, 6:30-7:30 p.m.

5, 12, 19, 26

F.O.G. - "I Want Ice Cream for Breakfast!", 9:30-11 a.m.

5 T.I.P.S. - "Keeping Kids Safe from Abuse", Learn and Shop, 6-8 p.m.

10 Active Parenting of Teens (Class 4 of 5) 6:30-9 p.m.

15 iSAFE Internet Safety Training, 9 a.m. - 2:30 p.m.

17 Active Parenting of Teens (Class 5 of 5) 6:30-9 p.m.

19 T.I.P.S. - "Scrapbooking our Memories" 6-8 p.m.

21 F.O.G./T.I.P.S. Field Trip to Portsmouth Children's Museum, 9:30 a.m., Kids are FREE!

- * Challenge Course TBA
- * Take Control Workshop TBA

May

2 Community Service and Donation Drop-off, 2:30-5 p.m.

2, 16

F.O.G.: "Exploring Personality Types", 6:30-7:30 p.m.

3, 10, 17

F.O.G., What's YOUR Love Language", 9:30-11 a.m.

3 T.I.P.S. "Managing Your Money: Budget Basics", Learn & Shop, 6-8 p.m.

8 Youth Job/Opportunity Fair, 1-8 p.m.

17 T.I.P.S., "Finding the Ideal Job" 6-8 p.m.

31 T.I.P.S., "Safe Sun Event" Pizza Party!, 6-8 p.m.

June

4 ARCH Road Race

6, 13, 20

F.O.G., "Sibling Rivalry Issues", 6:30-7:30 p.m.

7, 14, 21

F.O.G., "Mom! Dad! She Pushed Me!", 9:30-11 a.m.

13 F.O.G., "Sibling Rivalry Issues", 6:30-7:30 p.m.

13 Community Service and Donation Drop Off, 2:30-5 p.m.

14 T.I.P.S., "Having Fun This Summer", Learn & Shop, 6-8 p.m.

20 F.O.G., "Sibling Rivalry Issues", 6:30-7:30 p.m.

- * Challenge Course TBA
- * Take Control Workshop TBA