

“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

what's new?

The Upper Room unveils *The Bavaro Family Scholarship Fund*. The Upper Room will award a \$500 scholarship to a high school senior living in Southern N.H. or Merrimack Valley pursuing post-secondary training or education. Call 437-8477 for an application.

Supportive Connections is a workshop for single parents and a separate workshop for children in grades three through six. Topics include: adjusting to my changing life, helping children cope and more. Offered in partnership with UNH Coop. Ext. This five-week series is offered each Tuesday beginning Oct. 11, from 6 to 8 p.m. Call 679-5616 to register.

“Strengthening Families Weekend Retreat” - Offered at The Upper Room in partnership with FamilyStrength the weekend of Aug. 20 and 21, 8 am to 3 p.m. The retreat is for families with children ages 10-14 looking to strengthen family communications and prepare their children for the teen years. Retreat is for parents *and* their children. Included in the retreat are family discussion and games, meals, childcare, parents discussion and youth activities. Event is free; call 437-8477 ext.18 to register.

The *UR Parents Support Group* for parents of teens expands to feature a specific topic once a month, such as, “Facing the challenges of a Child with ADHD.” Call Diane Casale at 432-8882 for more information or to suggest a topic of interest. UR Parents meets every Tuesday from 6:30-7:30 p.m.

Creative Memories Scrapbooking Event: Bring your friends for a great time on Oct. 15 from noon-5 p.m. Organize your photos, start an album or enhance the one you have. Win free prizes, refreshments provided! Cost is \$15 per person. Ten percent of all proceeds will benefit the Teen Information for Parenting Success (TIPS) program. Call 437-8477 to register.

Summer Writing Contest for ALL ages! See enclosed flier for details! All entries must be submitted by Aug. 12!

Save these Dates!

Family Ice Cream Social: Join us for ice cream, games and some good old-fashioned fun on Aug. 3 from 6 - 8 p.m. at The Upper Room. This event is free and open to the public.

4th Annual Family Matters Dinner and Auction will be held Nov. 4, 2005 at Promises to Keep. This year's theme is “Evening of Stars.” Call 437-8477 Ext. 11 to become a sponsor, donate an item or purchase tickets for this gala event. All proceeds to benefit The Upper Room.

Summer/Fall 2005

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 anyplace in New Hampshire.

There are no barriers to our programs, no 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. Each year The Upper Room serves approximately 5,000 individuals and families in southern New Hampshire!

weekly classes & support groups

Call The Upper Room at 437-8477 for information about the following groups:

UR Parents - Open Support Group for parents of adolescents, Tuesdays 6:30-7:30 p.m. Call ext. 14 for more information.

Teen Information for Parenting Success (TIPS) - This group meets every other Wednesday 6:30-8 p.m., in support of young mothers and fathers ages early teen to mid-twenties! Support, referrals, workshops, monthly giveaways! Children welcome! Contact ext. 17 for more information. TIPS also meets regularly at Pinkerton, Salem and Londonderry high schools. See school nurse or for details.

Youth in Action (YIA) - Activities for 11 to 14-year-olds includes summer beach trips in July and after school program during the school year. After school includes Community News on Tuesdays and Outdoor Adventures on Thursdays. Both programs are free. Call ext. 16 for more information or to schedule a registration.

Families on the Go - Free workshops/support group geared toward families with young children. Share information regarding parenting young children in a small group format. Childcare is provided for morning sessions, but registration is helpful for planning. Please call ext. 12 to register or for further information.

36 Tsienneto Road
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Derry, NH 03038-1017



Memorial Donations

Donations have been made in memory of
CJ Martin and John “Butch” Bavaro.

Thank you to the many individuals and organizations whose generous contributions allow us to continue serving the community:

Luisa's Pizzeria, Rig A Tony's, BNI Londonderry Group, Dollar Bill's Discount World, Eastern Star, Citizens Bank Foundation, Donna Binette, David Lee, Scott and Verne Orlosk, Richard Rudduck, Judy Dupras, Irene Pepin, Wayne Gerlitz, Steven Heffelfinger, Janice Spillane, Sue Holmes, Heidi Dennison, Joseph Sylvester, Frank and Margaret Robinson, St. Paul's Catholic Community, Mary Ann Marehi

Volunteer Opportunities

- Newsletter: Twice a year (2-10 hours). Involves folding, stapling and labeling! Make this a social activity and bring a friend!
- Bingo Volunteers: Any Sunday from 3:30-6:30 p.m. Must be 18 years old and sociable!
- Youths: Need community service hours for school or just want to volunteer your time? Call The Upper Room for community service opportunities! Youth in Action Community News is a fun way for middle-schoolers to earn community service hours. Meets Tuesdays after school during the school year. Transportation provided from both Derry Middle Schools. Call 437-8477 ext. 16 for more information!

board of directors

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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

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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. 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: Touch is very important for infant development (and the rest of our development as well!). Breastfeeding? Contact La Leche League for information and support (Rebecca 624-9707)

Preschool: Mean what you say and say what you mean. Kids very young can tell if you will follow through. It is often hard to say "no" when we want to give our children everything. But remember, children want to know what they can and can't do from the safety of their own parents before venturing out into the world. Taking the time to teach limits now will provide a lifetime of guidance for your child.

School-age: Remember: play is how kids learn. Make time for play. Reserve summer as a sacred time for your children. Allow for free play, time to watch the clouds and draw in the dirt with a stick. When your child says "I'm bored," respond with "Make something happen." Most often they do! See how creative they can become! *Child Magazine*

Youth: Look children in the eye, it helps them learn to do the same thing. Problems aren't all bad, and everyone has them. Problems offer parents wonderful opportunities for teaching responsibility, cooperation, courage, conflict resolution, negotiation and problem solving. *Dr. Michael Popkin*

Teens: Eight ways to recognize your teen-ager: Affirm positive behavior, affirm personality qualities, say "I love you", write your teenager a letter, express loving physical affection, trust in your teen-ager, attend your teens events, accept your teenager for the person he or she is.

Parents: YOUR WORDS AND ACTIONS MATTER. Two thirds of teens say that losing their parents respect and pride is one of the main reasons they don't smoke marijuana or use other drugs. Talk to your children on a daily basis; find out what is going on in their lives, and most importantly, listen to them. ~ www.theantidrug.com

Table Talk

Meal times are the perfect time for some quality conversation.

1. What is the funniest thing that you saw happen or happened to you today?
2. If you could go back and repeat one day of your life, what would it be and why?
3. A monkey is not a good pet because

events & happenings

July

6 F.O.G. Workshop, 9:30-11 a.m., "Summer Fun: Ideas for Interacting with Children"

6 YIA, 12-4 p.m., Pawtuckaway State Park field trip (ages 11-14)

13 YIA, 12-4 p.m., Bear Brook State Park field trip (ages 11-14)

13 T.I.P.S., 6-8 p.m., Summer Picnic!

14 F.O.G. & TIPS Family Outing to Pawtuckaway State Park, 10 a.m.

19 F.O.G. Workshop, 6-7:30 p.m., "Gaining Cooperation for our Kids: Dealing with Behavior Issues"

20 YIA, 8 a.m. to 4 p.m., Hampton Beach State Park field trip (ages 11-14)

20 F.O.G. & TIPS Family Outing to Stoneyfield Farm, 9:30 a.m.

26 F.O.G. Workshop, 6-7:30 p.m., "Gaining Cooperation for our Kids: Dealing with Behavior Issues"

27 T.I.P.S., 6:30-8 p.m., Give Away Night!

28 F.O.G. & TIPS Family Outing to Seacoast Science Center at Ordione Point, 10 a.m.

August

3 FOG Workshop: 9:30-11 a.m., "Moving on Up!, Anticipating Fall Schedule"

3 Upper Room's 3rd Annual Family Ice Cream Social, 6-8 p.m.

9 FOG and TIPS Family Outing to Amoskeag Fishways, 10 a.m.

12 Summer Writing Contest entries due by today!

17 FOG and TIPS Family Outing to Chuck E. Cheese, Manchester, 10 a.m.

19 Summer Writing Contest Winner notification by phone

20-21 Strengthening Families

Weekend Retreat, 8 a.m. - 3 p.m. Call 437-8477 x18 to register

23 YIA Registration, 5-7 p.m. or call 437-8477 x16

24 FOG and TIPS Family Outing to Humphrey Park, 9:30 a.m.

September

6 YIA After-School Program begins. Check website for dates!

6 FOCUS Program begins

7 F.O.G. Workshop: 9:30-11 a.m., "Keeping our Kids Healthy & Safe"

7 T.I.P.S., 6:30-8 p.m., Give Away Night!

14 F.O.G. Workshop: 9:30-11 a.m., "Keeping our Kids Healthy & Safe"

17 Look for The Upper Room at DERRYFEST!

21 F.O.G. Workshop: 9:30-11 a.m., "Keeping our Kids Healthy & Safe"

28 F.O.G. Workshop: 9:30-11 a.m., "Keeping our Kids Healthy & Safe"

October

is Active Parenting Month!
Active Parenting Facilitators Training & Active Parenting of Teens Workshop!
Check our website for dates and times!!

5 F.O.G., Active Parenting of 1-4 Year Olds, 9:30-11 a.m.

5 T.I.P.S. meeting, 6:30-8 p.m., Give Away Night!

6 Active Parenting of 2-12 Year Olds, Call to register and for times!

11 Supportive Connections, 6-8 p.m., (first night of five-week series)

12 F.O.G., Active Parenting of 1-4 Year Olds, 9:30-11 a.m.

13 Active Parenting of 2-12 Year Olds, Call to register and for times!

15 Creative Memories Scrapbooking Event, 12-5 p.m.

18 Supportive Connections, 6-8 p.m.

19 F.O.G., Active Parenting of 1-4 Year Olds, 9:30-11 a.m.

19 T.I.P.S., 6:30-8 p.m., Halloween Party!

20 Active Parenting of 2-12 Year Olds, Call to register and for times!

22 (Tentative) "Talking About the Tough Stuff with Your Teen" workshop, call for details & to register x17

25 Supportive Connections, 6-8 p.m.

27 Active Parenting of 2-12 Year Olds, Call to register and for times!

November

1 Supportive Connections, 6-8 p.m.

2 F.O.G.: 9:30-11 a.m., "Gearing up for the Holidays: Stress Management & Organizational Planning"

2 T.I.P.S., 6:30-8 p.m., Give Away Night!

4 The Upper Room's 4th Annual Family Matters Dinner & Auction!

8 Supportive Connections, 6-8 p.m.

9 F.O.G.: 9:30-11 a.m., "Gearing up for the Holidays: Stress Management & Organizational Planning"

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30 T.I.P.S., 6:30-8 p.m.

December

3 Dad's 101 Course for fathers or expectant fathers, 9 a.m.-2 p.m. Lunch provided, must register x17

14 T.I.P.S., 6:30-8 p.m., Holiday Party!

Our events calendar is also on our website: www.urteachers.org