



**2025 & 2026
Schedule**

Adolescent Wellness Programs at The Upper Room

TAKE CONTROL 4-week conflict and anger management course for teens. Call x116

2025 Courses:

Aug. Session: Aug. 4, 11, 18, 25 (12-2:30 pm)

Oct. Session: Sept. 29 & Oct. 6, 20, 27 (3:30-6 pm)

Dec. Session: Dec. 1, 8, 15, 22 (3:30-6 pm)

2026 Courses:

Feb. Session: Feb. 2, 4, 9, 11 (3:30-6 pm)

April Session: March 30 & April 6, 13, 20 (3:30-6 pm)

June Session: 1, 3, 8, 10 (3:30-6 pm)

PHASES 4-week substance education course for teens. Call x116

2025 Courses:

July Session: 8, 10, 15, 17 (3:30-6:30 pm)

Sept. Session: 9, 11, 16, 18 (4:00-7:00 pm)

Nov. Session: 10/30, 11/4, 11/6, 11/13 (4:00-7:00 pm)

2026 Courses:

January Session: 13, 15, 20, 22 (4:00-7:00 pm)

March Session: 17, 19, 24, 26 (4:00-7:00 pm)

May Session: 12, 14, 19, 21 from (4:00-7:00 pm)

COMMUNITY SERVICE (CSLO) Ongoing opportunities for teens to give back to the community. Call x116

Summer Dates: July 8 - Aug. 14, 2025

Tuesdays and Thursdays (1:00-4:00 pm)

Fall Dates: Sept. 2, 2025 - June 2026

Tuesdays and Thursdays (3:00-6:00 pm)

VAPING AND YOUR HEALTH 1-day educational workshop for teens about the effects of vaping.

2025/2026 Afterschool Dates: Sept. 10, Dec. 10, April 8, June 10 from (3:00-4:00 pm). Call x117

EXPRESSIONS CREATIVE SERIES Free weekly creative projects for middle schoolers. All supplies included.

Sign up for any or all dates at www.bit.ly/TUExpressionsMiddleSchool or call x116

Wednesday (3:00-4:00 pm) except does not meet on the first Wed of each month.

2025 Dates:

June 11, 25; July 9, 16, 23, 30; Aug. 13, 20

Sept. 10, 17, 24; Oct 8, 15, 22, 29; Nov 12, 19; Dec. 10, 17

2026 Dates:

Jan. 14, 17, 24; Feb. 10, 17; March 11, 18, 25

April 8, 15, 22; May 13, 20, 27; June 10

YOUTH EDUCATION ON SHOPLIFTING (YES) Self-guided course by appointment. Call x114

MINDFUL TEENS NETWORK SERIES 6-week series discussing healthy relationships, self-confidence, boundary setting and more. Meets Monday (3:00-4:00 pm). Call x110

2025 Sessions:

June/July Session: June 9, 16, 23, 30 & July 7, 14

Sept/Oct. Session: Sept. 8, 15, 29 & Oct. 6, 20, 27

2026 Sessions:

Feb/March Session: Start TBD

May/June Session: Start TBD

The Upper Room, a Family Resource Center
36 Tsienneto Road Derry, NH 03038
URTeachers.org (603) 437-8477
Scholarships available for program fees.*