



**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:** June 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:** Oct. 30, Nov. 4, 6, 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, Jan. 14, Feb. 11, April 8, May 13, and 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](http://www.bit.ly/TUExpressionsMiddleSchool) or call x116

Wednesday (4:00 - 5:00 pm) except does not meet on the first Wednesday 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 online 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:** Feb. 2, 9, 16; March 2, 9, 16

**May/June Session:** May 4, 11, 18; June 1, 8, 15

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