



2026 & 2027 Schedule

Adolescent Wellness Programs at The Upper Room

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

2026 Courses:

Aug. Session: July 27; Aug. 3, 10, 17 (12-2:30 pm)

Oct. Session: Oct. 19, 21, 26, 28 (3:15-5:45 pm)

Dec. Session: Nov. 30; Dec. 7, 14, 21 (3:15-5:45 pm)

2027 Courses:

Feb. Session: Jan. 25; Feb. 1, 8, 15 (3:15-5:45 pm)

April Session: March 29; April 5, 12, 19 (3:15-5:45 pm)

June Session: June 7, 14, 21, 28 (3:15-5:45 pm)

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

2026 Courses:

July Session: July 14, 16, 21, 23 (4:00 – 7:00 pm)

Sept. Session: Sept. 15, 17, 22, 24 (4:15 – 7:15 pm)

Nov. Session: Nov. 10, 12, 17, 19 (4:15 – 7:15 pm)

2027 Courses:

January Session: Jan. 12, 14, 19, 21 (4:15 – 7:15 pm)

March Session: March 16, 18, 23, 25 (4:15 – 7:15 pm)

May Session: May 11, 13, 18, 20 (4:15 – 7:15 pm)

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

Summer Dates: July 7 - Aug. 13, 2026

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

Fall Dates: Sept. 1, 2026 - June 2027

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

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

2026/2027 Afterschool Dates: Second Wednesday of each month Sept. - June (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 (4:00 – 5:00 pm), July & Aug. (2:00 -3:00 pm). Does not meet on the first Wed of each month.

2026 Dates:

*July 8, 15, 22, 29; *Aug. 12 (*Summer Hours 2-3 pm)

Sept. 9, 16, 23, 30; Oct 14, 21, 28; Nov 18; Dec. 9, 16

2027 Dates:

Jan. 13, 20, 27; Feb. 10, 17; March 10, 17, 24, 31

April 14, 21; May 12, 19, 26; June 9

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

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

2026 Sessions:

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

Aug./Sept. Sessions: Aug. 10, 17, 24, 31; Sept. 14, 21

Oct. / Nov. Sessions: Oct. 5, 19, 26; Nov. 2, 9, 16

2027 Sessions:

Check website for up-to-date schedule
at www.URTeachers.org