



Teen Group



Mindful Teens Group

Dates: Each series is six weeks.

- **Oct./Nov. 2026 Series:** 10/26, 11/2, 11/9, 11/16, 11/23, and 11/30
- **Jan./Feb. 2027 Series:** 1/4, 1/11, 1/25, 2/2, 2/8, and 2/15

Location: In-person at The Upper Room, 36 Tsienneto Road, Derry, NH

Time: 3:00 – 4:00 pm

Cost: FREE

Facilitator: Valerie Mazzola, LICSW and Founder: Clear Balance Counseling

Join us for conversations as teens discuss choices, friendships, boundaries, and other decisions teens have to make.

Participants must be able to attend all six meeting dates.

TO REGISTER Call Kelsey at (603) 437-8477 x114

The Upper Room, a Family a Family Resource Center
36 Tsienneto Road Derry, NH 03038
URTeachers.org