

Sign up for a Class!

2026 - 2027 Schedule

To register call The Upper Room
(603) 437-8477 x110

2026

Managing Emotions (ages 2-12)

Choose from evening or morning class. Morning classes are brought to you in partnership with Salem Family Resources.

Wednesday Sept. 23, 2026 Virtual 6-8 pm

OR Thursday September 24, 2026 Virtual 9:30-11:30 am

Different stages of your child's life bring on a variety of ways children deal with fears, anger, sadness, anxiety, and disappointment. Learn strategies to help you and your child handle these strong feelings.

Active Parenting: First Five Years 3-Part Series

Wednesday Oct. 7, 14, & 21, 2026 Virtual 6-8 pm

Your child's first five years are so important! In this three-part series, you will learn how to make the most of them by nurturing your child with a "just right" combination of freedom and appropriate discipline. Book Fee \$20

Crossroads for Co-Parenting 2-Part Series

Monday Oct. 19 & 26, 2026 Virtual 6-8:30 pm

Are you co-parenting after divorce or separation? Learn how to protect your child's well-being by keeping them out of the middle, allowing children to love both parents, how to communicate, manage feelings of loss, and build positive interactions with the other co-parent. Book Fee \$20

Positive Solutions for Families (ages 0-6) 2-Part Series

Mondays November 2 & 9, 2026 Virtual 6-8:30 pm

Explore strategies to strengthen adult-child relationships that will help manage your children's challenging behaviors.

Red Flags (ages 3-12)

Choose from evening or morning class. Morning classes are brought to you in partnership with Salem Family Resources.

Thursdays November 12, 2026 Virtual 6-8 pm

OR Thursday November 19, 2026 Virtual 9:30-11:30 am

Review what typical child development looks like, what influences child development, what are possible signs of concern, and what parents can do when they are worried.

Crossroads for Co-parenting 1-Day Course

Saturday Dec. 5, 2026 In-person 9:00 am-2:00 pm

Are you co-parenting after divorce or separation? Learn how to protect your child's well-being by keeping them out of the middle, allowing children to love both parents, how to communicate, manage feelings of loss, and build positive interactions with the other co-parent. Book Fee \$20

Coping with Sibling Rivalry

Choose from evening or morning class. Morning classes are brought to you in partnership with Salem Family Resources.

Thursday December 3, 2026 Virtual 8-6pm

OR Thursday December 10, 2026 Virtual 9:30-11:30 am

Learn strategies to reduce conflict, foster positive bonds, and manage intense emotions.

Managing Challenging Behaviors (ages 6-12)

Choose from evening or morning class. Morning classes are brought to you in partnership with Salem Family Resources.

Wednesday December 2, 2026 Hybrid 6-8 pm

OR Thursday December 3, 2026 Virtual 9:30-11:30 am

Set your child up for success with ideas for preventive strategies. Discussion will also focus on what to do when it is time to step in and take action with behaviors that need redirecting.

2027

Routines and Consistency

Choose from evening or morning class. Morning classes are brought to you in partnership with Salem Family Resources.

Wednesday January 13, 2027 Virtual 6-8 pm

OR Thursday January 14, 2027 Virtual 9:30-11:30 am

Learn how to build consistent routines to help children feel confident and secure, which reduces anxiety and disruptive behaviors

Active Parenting Now: Children (ages 6-12) 3-Part Series

Wednesday February 3, 10 & 24, 2027 Hybrid 6-8 m

Presentation and discussion on how to prevent and respond to behavioral issues, ways to connect positively with your child, and encourage positive behaviors. Book Fee \$20

Managing Emotions (ages 2-12)

Choose from evening or morning class. Morning classes are brought to you in partnership with Salem Family Resources.

Wednesday March 10, 2027 Virtual 6-8 pm

OR Thursday March 11, 2027 Virtual 9:30-11:30 am

Different stages of your child's life bring on a variety of ways children deal with fears, anger, sadness, anxiety, and disappointment. Learn strategies to help you and your child handle these strong feelings.

Active Parenting of Teens (ages 11-16) 3-Part Series

Wednesday March 31, April 7, & 14, 2027 Hybrid 6-8pm

Strengthen parenting skills and prevent adolescent risk-taking behaviors, including drug use, violence, and early sexual activity. Parents will develop skills in communication, problem-solving, discipline, family enrichment, and encouragement. Book Fee \$20

Crossroads Co-Parenting 2-Part Series

Wednesday April 14 & 28, 2027 Virtual 6-8:30pm

Are you co-parenting after divorce or separation? Learn how to protect your child's well-being by keeping them out of the middle, allowing children to love both parents, how to communicate, manage feelings of loss, and build positive interactions with the other co-parent. Book Fee \$20

Communicating Effectively with your Child

Choose from evening or morning class. Morning classes are brought to you in partnership with Salem Family Resources.

Wednesday May 12, 2027 Virtual 6-8 pm

Thursday May 13, 2027 Virtual 9:30-11:30am

Explore strategies to help you build stronger communication skills with your child, which will lead to stronger relationships.

Parenting in the Park (ages 0-6) 5-Part Series

May 5, 12, 19, 26, June 2, 2027

In-person 11:30 am -1:00 pm

Meets at Don Ball Park, Derry, NH

Rain dates; June 9, 16.

Strategies to strengthen adult-child relationships to help manage young children's challenging behaviors. Bring your lunch for a picnic and 1-hour class after. Childcare provided. Register to attend.

Call 603-437-8477 x126

Stay tuned for Hot Topic
Presentations with
important prevention
information for your family.



COST: FREE with a materials fee of \$20 (only when indicated).

**LOCATION: In-person classes are held at The Upper Room
36 Tsienneto Road, Derry, NH**