



## FOR IMMEDIATE RELEASE

~ ***Building Strong Families Program Starts October 27<sup>th</sup>.*** ~

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**Derry, NH, September 26, 2025**

The Upper Room, a Family Resource Center in Derry begins a new session in October for ***Building Strong Families***. This 6-week parent-child group will help families who have experienced unexpected challenges to build skills, connect with others to overcome and move forward. Each week will include an activity, a story with take home books, and resources to help parents/caregivers and children build connections. Families are invited to participate for 6 weeks, with the focus on supporting parents, or caregivers of children up to 12 years old.

"By participating in this group caregivers and children will strengthen relationships, build connections and learn about community resources that are available for support." Shares Emily Levesque, Director of Intergrated Human Services and Building Strong Families facilitator.

The Building Strong Families program is a program designed to support adult child connections that build resilience. Parents/caregivers and children attend this together.

The Summer ***Building Strong Families*** Program runs, October 27, - December 1, 2026 4 – 5 PM Mondays, at The Upper Room 36 Tsienneto Road Derry, NH. Snacks and drinks will be served each week. After the program, families can enjoy the play space in the back yard. Each family will receive a book at the end of the course.

Building Strong Families will run 4 times this year. To register for the Building Strong Families Program contact Emily Levesque 603-437-8477 x 122 . This program is FREE.

### **About The Upper Room**

Founded in 1986, The Upper Room, a Family Resource Center is a non-profit 501(c)(3) organization committed to strengthening individuals and families by providing them with the education, services and resources needed to lead healthy, self-sufficient lives. Our center is a warm, welcoming place where families receive information and support not only in times of crisis but on a day-to-day basis. We place no boundaries on service, and help all who come to our center seeking support. For more information, call (603) 437-8477, or visit our website at [URteachers.org](http://URteachers.org)

For other press-related inquiries, please contact  
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