



FOR IMMEDIATE RELEASE

~ The Upper Room Launches Fall Expressions Creative Series for Middle Schoolers ~

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The Upper Room, a Family Resource Center in Derry, is thrilled to announce the return of its **Expressions Creative Series** this Fall. Designed exclusively for middle school students, this after-school program offers a welcoming and imaginative space where preteens can connect, create, and have fun.

Running weekly on **Wednesdays from 3:00 to 4:00 PM**, Expressions invites students ages 11-14 to explore a variety of hands-on projects. This season's lineup includes **mosaic designs, journaling, glass art, leaf lanterns, and festive pumpkin creations**—all aimed at sparking creativity and building friendships.

"This program has evolved over the years to now focus specifically on middle school-aged youth, giving them a unique opportunity to collaborate and express themselves creatively," says **Brenda Guggisberg**, Executive Director of The Upper Room. Facilitated by experienced Upper Room staff, the Expressions Creative Series provides a safe, supportive environment where students can unwind after school, make new friends, and enjoy the joy of artistic exploration.

Flexible attendance allows students to register for the weeks that fit their schedule. Sessions are held at **The Upper Room, 36 Tsienneto Road, Derry, NH**. To view weekly projects and register, call **603-437-8477 x116** or visit <http://bit.ly/TURExpressionsMiddleSchool>

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

For other press-related inquiries, please contact
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