



## FOR IMMEDIATE RELEASE

*~ Hot Topic Discussions with Local Experts at The Upper Room ~*

**Contact:**

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**Derry, NH – January 23, 2026**

The Upper Room Family Resource Center is now offering an educational presentation series, **Hot Topics**, which is designed to equip parents and caregivers with practical tools and insight for navigating today's most relevant parenting challenges.

This engaging series will take place at The Upper Room and features guest speakers and local experts presenting on timely and trending topics that families are facing right now. Presentations are offered on the following dates from 6:30 – 8:00 pm. **To register, please call 603-437-8477 x126**

- Ysenka Counseling presents: **Parenting When You Have Anxiety** – February 12
- ABA Centers of America presents: **Parenting a Child with Autism** – March 26
- New Leaf ADHD Solutions presents: **Parenting When You Have ADHD** – April 16
- Triangle Credit Union presents: **How to Teach Your Child About Finances** – May 7

"These topics reflect real conversations we're having with families every day," said Brenda Guggisberg, Executive Director at The Upper Room Family Resource Center. "Our goal with Hot Topics is to create a welcoming space where parents can learn, ask questions, and feel supported."

Each presentation will offer opportunities for discussion with professionals who specialize in family wellness, child development, banking and mental health. The Hot Topics series is part of The Upper Room's ongoing mission to strengthen families and build resilient communities by providing education, resources, and support for parents and caregivers.

**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, visit our website at [URteachers.org](http://URteachers.org), or visit us at 36 Tsienneto Road, Derry, NH,

For other press-related inquiries, please contact Brenda Guggisberg, Executive Director  
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