Universal Parenting Places (UPPs) are funded and administered by the ACE Awareness Foundation. The foundation is working to increase community awareness of adverse childhood experiences — ACEs — both the long-lasting negative impact they can have across the life span and the positive impact that an innovative model of parent support can have on the health and wellness of families.

WWW.THEUPPS.ORG

UNIVERSAL PARENTING PLACES (UPPs)

provide parents and caregivers with professional counseling, information, and support for family-related issues or concerns large or small, including:

- Temper tantrums
- Positive discipline strategies
- Conflict between parents, such as divorce
- Bullying and aggression
- Peer or sibling problems
- School adjustment issues
- Welcoming a new baby or entering into a blended family
- New mothers/fathers feeling overwhelmed or depressed

Get the information, tools, and support you need to manage everyday parenting challenges affecting your family.

OFFERED AT NO CHARGE TO ALL PARENTS AND CAREGIVERS!

UNIVERSAL PARENTING PLACES

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In the same way that visits to the pediatrician provide answers to common medical questions that help parents to prevent physical disease, each UPP utilizes the latest findings from brain science and family therapy to provide state-of-the-art solutions to common concerns affecting children's social emotional health. Our program is a preventive, relationship-based opportunity for parents to get individual answers to questions about common challenges and sources of stress that affect them and their children.

The choice is **UPP TO YOU**

Each UPP offers an array of groups and activities geared to support parents and families, including:

- Individual and family counseling
- Support groups and therapeutic groups
- Improvisational theater
- Music and drum circles
- Exercise classes
- Referrals to community resources, as needed

**FIND YOUR UPP**

Don't hesitate to call the UPP closest to you to find out what free services can best suit your needs, talk to a professional coach, counselor, or licensed therapist, and request an appointment.

**CURRENT LOCATIONS**

**UPP at Baptist Memorial Hospital for Women**
6225 Humphreys Blvd., 5th floor
Memphis, TN 38120
901-227-9558

**UPP at Knowledge Quest**
990 College Park Drive, Suite 104
Memphis, TN 38126
901-207-3694

**UPP at Perea Preschool**
1250 Vollintine Ave., 2nd floor
Memphis, TN 38107
901-701-2342

**UPP at Christ Community Health Services**
3481 Austin Peay Highway
Memphis, TN 38128
901-701-2873

**UPP at Leland Medical Clinic**
201 Baker Boulevard
Leland, MS 38756
662-686-3848