

PARENT AND FAMILY RESOURCES – AUTISM SPECIFIC

Allies with Families

505 East 200 South, #25
Salt Lake City, UT 84102
(801) 433-2595 Local (877) 477-0764 Toll Free
Website: <http://allieswithfamilies.org/>

Allies with Families, the Utah Chapter of the Federation of Families for Children’s Mental Health, was created in 1991 to offer practical support and resources for parents and their children with emotional, behavioral, and mental health needs. Allies with Families is an expert resource that can help your family in many ways.

Autism Council of Utah

Website: www.autismcouncilofutah.org

The ACU has been instrumental in raising awareness of autism spectrum disorders in Utah and have played a big role in getting the new autism decals for Utah license plates. The ACU has created a “FastStart Checklist” to help families of individuals recently diagnosed with an ASD. For more information on their services and the support that they can provide is available on their website.

Autism Information

In Summit County, contact: Joy Stanley
435-640-6427
Email: joyfs@comcast.net

Offers local parent to parent information and support

Autism Journeys Consulting

3130 West Maple Loop Drive, Suite 110
Lehi, UT 84043
(801) 766-8681
Website: <http://www.autismjourneys.net>

Autism Journeys Consulting recognizes that autism affects the entire family unit. They address the emotional needs of parents, siblings, and even extended family and friends as needed.



Utah Parent Center

230 West 200 South, Suite 1101, Salt Lake City, UT 84101
801-272-1051 or 800-468-1160

www.utahparentcenter.org

info@utahparentcenter.org



Autism Assessment and Treatment Center

4505 Wasatch Boulevard, Suite 190
Salt Lake City, UT 84124
(801) 386-8069
Website: www.autismutah.com

The Autism Assessment and Treatment Center strives to enhance the quality of relationships and quality of life for children diagnosed with autism spectrum disorders and their families. Being a parent of a child with an autism spectrum disorder presents special challenges and unique stressors.

Big MAKs Group – (Mother’s of Autism Kids) Salt Lake County

Email: Cheryl Smith at cheryl@autismcouncilofutah.org

Big MAKs Group – (Mothers of Autistic Kids) Davis County

Email: Laura Anderson at laura@autismcouncilofutah.org

Carmen B. Pingree Center for Children with Autism

780 South Guardsman Way
Salt Lake City, UT 84108
(801) 581-0194
Website: www.carmenbpingree.com

This center offers parent training classes and sibling support groups.

CTA Community Supports

4444 South 700 East, Suite 203 (801) 268-4887
Murray, UT 84107
Website: www.ctautah.org

CTA is dedicated to providing quality supports for people with autism and their families.

Easy to Love Hard to Raise

1695 East, 330 South, SLC, UT
And 934 South Mian Street, Logan, Ut
Website: <http://utaheasytolove.blogspot.com/>

To provide a place for parents and family members to meet monthly and share experience, strength, give hope and awareness, to other families who have similar experiences raising children with ASD, ADD/ADHD, SPD, Anxiety and other mental health, developmental or behavioral struggles. Through sharing in this experience of raising these ‘hard to raise’ kids, we grow stronger and more resilient.

Families of Autism and Asperger’s Standing Together (F.A.A.S.T)

Blog: <http://faastutah.weebly.com>

Their goal is to help reach families of autism to provide a link to resources they needs as well as support to the family.

Family Connection Center

780 South State Street (801) 773-0712
Clearfield, UT 84015
Website: www.familyconnection4u.org

The Family Connection Center is dedicated to protecting children, strengthening and sheltering families and individuals, fostering self-sufficiency, and facilitating a caring community.

Family Support Center

777 West Center Street
Midvale, UT 84047
(801) 255-6881

2020 South Lake Street
Salt Lake City, UT 84105
(801) 487-7778

Website: www.familysupportcenter.org

The Family Support Center has a licensed and trained clinical staff that consists of social workers, psychologists, and marriage and family therapists to assist families and individuals in dealing with many of life’s various stressors. They also offer some autism respite care.

The Family Support Center of Southwestern Utah

102 North 200 East, Cedar City, Utah 84720
Phone: 435-586-0791
Fax: 435-586-3510
Email: family@infowest.com
Website: <http://utahfamilysupport.org/cedarcity/index.html>

The Family Support Center has a licensed and trained clinical staff that consists of social workers, psychologists, and marriage and family therapists to assist families and individuals in dealing with many of life’s various stressors. They also offer some autism respite care.

Family to Family Network – A Project of the Utah Parent Center

Website: www.utahfamilytofamilynetwork.org

The Family to Family Network is dedicated to educating, strengthening and supporting families of persons with disabilities. The Network is a grassroots volunteer group composed of family members across Utah who have a relative with a disability. There are local Networks all across the state of Utah that regularly host meetings and activities.

Family Voices – Utah’s Family to Family Health Information Center

200 West, 200 South, Suite 1101 Salt Lake City, UT 84101

Number: 801-272-1068

Website: <http://utahfamilyvoices.org/>

If you live in Utah, and you have a child or a family member with a physical, mental, or developmental disability, then the Utah Family Voices website welcomes you. Utah Family Voices is all about supporting families of the children with special health care needs, and is run by parents of special needs children. If you’re here because your child was just recently diagnosed with a chronic health issue, or if you’ve been living with disabilities for a long time, you’ll find answers to many questions.

Fridays Kids Respite Care

Diane McNeill

801-494-9837

Location: Offers services in Orem, Salem and Lehi

Email: Info@FridaysKids.org

Website: <https://www.fridayskids.org/app/?page=contact>

We are a nonprofit organization providing respite care to families who have children with special needs. On Friday and Saturday evenings, caregivers bring their children to Friday's Kids while they enjoy some well-deserved time off. Our volunteers spend one-on-one time with the children while parents get an evening to finish the laundry, run errands, spend time with their spouse, or simply relax.

Jordan Education Center

319 West 11000 South

South Jordan, UT, 84095

801-565-7442

<http://www.jordandistrict.org/departments/jfec/>

The Jordan Family Education Center provides support services and classes for families and students in Jordan School District. These services are provided by the District’s school psychologists and counselors. There are three quarters packed full of interesting classes and support groups covering a variety of topics like parenting skills, dealing with adolescence, attention deficit, anger, grief, single parenting, blended families, Social skills and Disability issues and many more

Moms Night Out

4226 Sam’s Blvd (small white building behind Kearns Jr High)

7:00-9:00 pm, third Thursday of Each month

Email: sasgale@yahoo.com

Do you ever feel that you just need to get away for a night? Well here’s your chance. A Moms night out with other moms that have children with autism.

NAMI Utah

1600 West 2200 S, Suite 202
West Valley City, UT, 84119
801-323-9900

Website: <http://www.namiut.org/find-local-support/free-education>

The NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses. The course is taught by trained family members. All instruction and course materials are free to class participants. Over 115,000 family members have graduated from this national program. In addition, this class has been translated into Spanish.

Neurobehavior Home Program

Address: 650 Komas Drive, Suite 200
Salt Lake City, UT 84108
Phone: 801-581-5515

Website: <http://healthcare.utah.edu/home/parentProvider/index.html>

Contacts: Patricia Galbraith, LCSW and Stephanie O'Brien, M.S.

This is a free open group for parents of people with developmental disabilities and/or Autism spectrum disorders. Group facilitators are licensed therapists with a background in behavior modification. We meet on the first Friday of each month with the exception of January and July.

OPTIONS for Independence

(435) 723-2171

Website: www.optionsind.org

OPTIONS for Independence is a non-residential Independent Living Center where people with disabilities can learn skills to gain more control and independence over their lives in Northern Utah. They also have support groups, youth groups, and trainings and activities.

Tooele Autism Group (TAG)

(435) 882-6755

Or email Janell at jklocke5@msn.com.

A Parent Support Group organized to help parents of children with autism spectrum disorders in Tooele County. Includes children's activities, networking with other parents of children with Autism and facilitating social activities for older teens and adults with ASD.

Tri Connections, Inc.

1921 North 1120 West (801) 343-3900
Provo, UT 84604
Website: www.triconnections.com

The maintenance and strengthening of the family unit is the objective of Family Support Services at Tri Connections. Supports are designed to help the family learn methods to manage and cope with the complexities and stress of supporting an individual with disabilities in their own home.

TURN Community Services

850 South Main Street
Salt Lake City, UT 84101
(866) 359-8876
Website: <http://www.turncommunityservices.org/index.html>

TURN supports people of all ages with disabilities who live in the community or in their family homes. They help each family develop a long-term plan based on the family's present needs and future goals. Through family support services, people with disabilities, their parents, siblings, and neighbors learn new approaches and strategies to foster independence. The kinds of supports offered are flexible and family-driven.

Utah Registry of Autism and Developmental Disabilities

Phone: (801) 585-7576
Online: www.health.utah.gov/autism

Run by the State Health Department, the URADD website and brochures provide information about ASD and local resources.

Utah Youth Village

5800 South Highland Drive
SLC, Utah, 84121
801-272-9980
Website: <http://youthvillage.org/familiesfirst.php>

Families First is an intensive in-home intervention designed to teach parents skills to change the behaviors of their troubled children. Please download the brochure by clicking above for an in-depth description, including research results. The children in the families we serve have a variety of emotional and behavioral problems.

Online Autism Support Groups

Salt Lake City Mommies.com

Website: <http://www.saltlakecitymommies.com/>

An online community for local Utah Mommies. A special forum for Mother of Special Needs children is available. Also there are local get together and play activities.

O.A.S.I.S. – Online Asperger Syndrome Information and Support

Includes chat line for teenagers and adults with Asperger Syndrome

Website: <http://www.aspergersyndrome.org/>

Unlocking Autism.Org – National On-line Support Network

Website: <http://www.unlockingautism.org>

AutismLink

Website: www.autismlink.com

AutismLink has many support resources including message boards and chat rooms.

Utah Parent Center

Celebrating OVER 29 years of service!!!

Projects of the Utah Parent Center:

Utah Family Voices - Family to Family Health Information Center

Family to Family Network

Autism Information Resources at the Utah Parent Center

Phone: (801) 272.1051 • Toll Free Utah: (800) 468.1160 • Fax: (801) 272.8907

Email: info@utahparentcenter.org • Website: www.utahparentcenter.org

Our Mission: To help parents help their children with disabilities to live included, productive lives as members of the community. We accomplish this through the provision of essential information, training, and peer support.

The Utah Parent Center (UPC or Center) does not represent or endorse any particular point of view, program, organization, business, or professional unless expressly stated and no endorsement may be inferred by the UPC or any of its funding sources.

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