

NEWS

RESOURCES

WORKSHOPS

SUPPORTS



Welcome to the UPC Parent Press! Each month you will find carefully crafted information and resources on a variety of disability topics guaranteed to help you and your family navigate community resources, advocacy and much more. See what we are working on this month!



## Mother's Day History & Tradition

[LEARN MORE HERE](#)



## Building Resilience to Support Your Child

[PERSONAL STORY HERE](#)

## Nurturing Care Caregiver Mental Health



SUPPORTS NOW



## National Speech Language Hearing Month

BECOME AWARE



## New Sibling Project Support Groups & More

LEARN MORE

## UPC Workshops May 2024

REGISTER NOW



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While some classes may be specific about a regional area, school, or district, everyone is welcome.



## Upcoming Community Events & Resources

CHECK THEM OUT



Visit our website

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