



Gratitude and Giving Back



December 14, 2012

Gratitude

Thank you for helping us help parents!

~ Michelle's Story ~

As a parent, it is sometimes a challenge to know how to help your child be their own self advocate. One blessing I have had in my life is to be able to interact with the Utah Parent Center. One of the greatest things I have learned through trainings and from staff is how to help my child learn to be his own self-advocate. Christopher is only 12, but I know that by teaching him skills now, I am preparing him for his future. It is scary to let your child deal with an issue more independently, but I believe it is worth it. With the tips I learned at the Center, my son has been able to successfully advocate for himself.



Thanks to you, Christopher's a great self-advocate!

Watch Christopher's video on self-advocacy here:

www.youtube.com/user/utahparentcenterupc

~ Jodi's Story ~

When my son Jacob was about three, I wanted to know how to help him in any way that was possible. I was given the name of the Utah Parent Center (UPC) and decided to contact them. As I took classes from the UPC on communication and how to advocate at the schools, I began to realize how important it was for parents to advocate. As a family if we didn't do it, no one would. I soon realized that people will listen to me as a parent, but really they wanted and needed to hear from the children. Jacob is learning that he has the power to speak for what he believes in. I am grateful the Utah Parent Center gave me the tools so many years ago, to teach my son to advocate for his needs.



With your help, Jodi helped Jacob be a "super-kid"!

Watch Jacob's video on self-advocacy here:

www.youtube.com/user/utahparentcenterupc

Giving Back

If we helped you, give so we can help others!

This is the time of year when giving and gratitude are on the mind and in the heart. Many of us look for organizations to make a small donation to during the holiday season. Please keep the Utah Parent Center in mind when your family considers making a donation to an organization this year. Your donation can help parents and their family members with disabilities across Utah. No donation is too small and every penny counts! 100% of the funds donated to the Center are tax-deductible and directly support families through our ongoing activities, programs and services. We are grateful to the community that helps us achieve our mission to serve families of individuals with disabilities and special needs. Thank you for your continued support of the Utah Parent Center!



Donate Online Now!

www.utahparentcenter.org/donate

Or by Mail:

Mail Checks or Money Orders to:

Utah Parent Center
230 West 200 South, Suite 1101
Salt Lake City, UT 84101-1337

The Utah Parent Center also accepts donations of conference door prizes, prizes for families attending our free workshops, office supplies, technology, and of course, we always welcome volunteers.

Tell us how we've helped you or your loved ones!

We would like to invite anyone who has had their life touched by the Utah Parent Center to share your story with us. The Center is creating a new section on our website dedicated exclusively to the personal stories of the families and individuals we help. If you would like your personal story posted on the Center's website please email mystory@utahparentcenter.org.





Gratitude and Giving Back



December 14, 2012

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.

You have received this message because you are on the Utah Parent Center listserv. We do not trade or sell the email addresses of our subscribers.

To be removed, please contact the Utah Parent Center at info@utahparentcenter.org