



Tooele Family to Family Network 2019-2020 Workshops



**Family to Family Network
Monthly Meetings
7:00 – 8:30 PM
All are Welcome!**

Location:
Independent Living Center
52 N. Main St.
Tooele, UT 84074

The following is the schedule for the Monthly workshops
(see the next page for more detailed descriptions).
There is no cost to attend, but pre-registration is requested.

Date	Workshop Title	Online Registration Link
September 12, 2019	Caregiver Support/Stress Relief	https://conta.cc/2zc6bch
October 10, 2019	IEP and 504 Plans	https://conta.cc/2z7FfKT
November 14, 2019	DSPD 101 in Spanish	https://conta.cc/31XIKa1
January 16, 2020	Early Diagnosis/Early Intervention	https://conta.cc/2zf6MtP
February 13, 2020	Maturation	https://conta.cc/31RS1t4
March 12, 2020	DSPD 101	https://conta.cc/2zgINu5
April 16, 2020	Executive Function/ADHD	https://conta.cc/31XroTC
May 14, 2020	Autism 101	https://conta.cc/31UMaDs

Workshop/Class Descriptions

September 12, 2019	<p style="text-align: center;">Caregiver Support/Stress Relief</p> <p>Taking care of someone with extraordinary needs can be very difficult. In this workshop we will talk about the needs and the ways to care for the person with a disability, or special health care need, as well as your own needs. More importantly, learn and practice some techniques to help you take care of yourself and reduce the stress! This interactive session will benefit all participants.</p>
October 10, 2019	<p style="text-align: center;">IEP and 504 Plans</p> <p>Both Individualized Education Programs (IEPs) and Section 504 plans can offer formal help for K–12 students who qualify for services. Learn the difference between an IEP and a 504 plan and what makes a child eligible. Come and learn what your rights are, and what your role is when working with the school team. Also learn about the process to follow if you disagree with the school team. Participants will leave with an understanding of each plan and how it is helpful in assisting students with a variety of learning challenges.</p>
November 14, 2019	<p style="text-align: center;">DSPD 101 in Spanish</p> <p>¿Qué es la División de Servicios para Personas con Discapacidades (DSPD)? ¿Cómo puedo aplicar? ¿Qué puedo hacer mientras estamos en la lista de espera? ¿Qué puedo hacer si tengo un problema? Venga y obtenga las respuestas a estas preguntas y muchas más en nuestro taller "DSPD 101".</p>
January 16, 2020	<p style="text-align: center;">Early Diagnosis/Early Intervention</p> <p>Early intervention is the process of anticipating, identifying and responding to concerns about a child's development to minimize potential adverse effects and maximize healthy development. While all infants and toddlers learn at their own pace, some may need extra help to develop certain skills. This workshop will discuss the benefits and process of early diagnosis and early intervention.</p>
February 13, 2020	<p style="text-align: center;">Maturation</p> <p>Puberty can be a stressful time, especially for you and your child with an intellectual and/or developmental disability which can also include Autism. In spite of delays in other areas, your child with a disability usually enters puberty around the same time as other children their age. Some children with ID or DD may start puberty early. This workshop gives you resources and tips on how to talk to your child about these sensitive topics at their level of understanding.</p> <p>ADULTS ONLY</p>
March 12, 2020	<p style="text-align: center;">DSPD 101 in English</p> <p>*What is DSPD?* *How can I apply?*</p> <p>*What can I do while on the waiting list?*</p> <p>*What do I do if I have a problem?*</p> <p>Come and learn the answer to these questions and many more at our DSPD 101 Workshop.</p>
April 16, 2020	<p style="text-align: center;">Executive Functioning/ADHD</p> <p>Children of all ages, especially children with ADHD, Autism or Learning Disabilities, often struggle with academic performance. Organizing school work, keeping track of assignments and just keeping up with the daily grind of school work can be very challenging and daunting. This discussion will help parents better understand what Executive Functioning is, how it may impact their child in school and learn ways to address these issues. This session will help parents with any child learn effective strategies they can implement to help their child succeed in school.</p>
May 14, 2020	<p style="text-align: center;">Autism 101</p> <p>Autism is a complex developmental disability that typically appears during the first three years of life & is the result of a neurological disorder that affects the normal functioning of the brain, impacting development in the areas of social interaction, communication skills, and behavior. Join us for this class to learn more about Autism.</p>

This event is sponsored by the Family to Family Network. The Family to Family Network is a statewide parent support network that is designed to educate, strengthen, and support families of persons with disabilities, especially those who are on the wait list or are in services with the Division of Services for People with Disabilities (DSPD). Network leaders are parents of individuals with special needs and link families to local resources, services, and disability-friendly events. The Family to Family Network is a project of the Utah Parent Center.