

Utah Family Voices

Parent Workshops Fall/Winter 2022

New Diagnosis. Now What?

Wednesday, **August 31st**, 12-1pm &
Wednesday, **March 22nd**, 12-1pm

Come participate with other families to learn about strategies and resources to help your child and your family with next steps after a new diagnosis.

**This class available in Spanish on 8/29 and 3/20 6-7pm*

Transition University Fall Series

Tuesdays, **September 6, 13 & 20**, 6:30pm-8pm
Spanish Mondays, **October 3, 10 & 24**, 6:30-8pm

At age 14, students with disabilities are considered 'transition aged' and will begin the process of transitioning toward adult life. In this in-depth three class series, learn with your youth in this series about all things transition related.

9/6 School to Adult Life, Advocacy, History of Disability Rights

9/13 Daily Life, Community Living & Employment

9/20 Healthy Living, Safety, Supported Decision Making, & Guardianship

Special Needs Financial Planning

Tuesday, **September 27th**, 6:00pm-8:30pm

Are you trying to find a way to plan for the future of your child with special needs? Is there a way to save money that will not affect their benefits with SSI and Medicaid? We will give you some options of ways that you are able to plan financially for your child's future. Join us to learn about Special Needs Trusts and ABLE accounts.

Dual Diagnosis Series

Tuesdays, **November 1, 8, & 15**, 12-1pm

Intellectual/Developmental delay in addition to Mental Health needs can be a lot. Are you missing something? If so, what? Come explore possible next steps.

11/1- Investigating the possibility

11/8- Getting a Diagnosis and Treatment Plan

11/15- Managing Crisis

**This series available in Spanish Wednesdays Nov. 2, 9 & 16 from 6:30-7:30pm*

Families & Advocacy

Tuesdays **December 6**, 12-1pm

Do you want to do more on behalf of your child and family to have your needs met? Come learn about advocacy and how to get involved. Together we'll gear up for the legislative session and show you what you can do for your family and other families like yours.

Please note that these workshops are offered in a variety of formats (in-person, online, hybrid) and to see more event details and register for these and other events, please visit our events calendar at www.utahparentcenter.org/events



Questions? Call the Utah Parent center at 801-272-1051 or email us at info@utahparentcenter.org

Utah Family Voices

Parent Workshops Winter/Spring 2023

Transition University Winter Series

Wednesdays, **February 8, 15 & 22, 6:30-8pm**

***Spanish* Thursdays March 2, 9 & 16, 6:30-8pm**

At age 14, students with disabilities are considered 'transition aged' and will begin the process of transitioning toward adult life. In this in-depth three class series, learn with your youth in this series about all things transition.

2/8- School to Adult Life, Advocacy, History of Disability Rights

2/15- Daily Life, Community Living & Employment

2/22- Healthy Living, Safety, Supported Decision Making, & Guardianship

Let's Talk About Autism

Thursday April 27th, 6-8pm

How do professionals reach an Autism diagnosis? What information do families of individuals who are newly diagnosed with or suspect an Autism Spectrum Disorder (or related disorder) need to know? Learn the basics and about common therapies, treatment options and how to set goals for growth.

Healthy Bodies

Tuesday, May 11th, 6:30-8pm

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 disabilities such as ID, DD or spina bifida may start puberty early. This workshop will give you resources and tips on how to talk to your child about these sensitive topics at his/her level.

**This class available in Spanish on 5/18 6:30-8pm*

Managing Stress in Times of Crisis

Thursday, May 18th, 6:30pm-8pm

Our ability to help our children is hindered during times of crisis. Our children can feel unsafe and insecure due to our constant stress levels. In this workshop we will offer mindfulness strategies to help you regulate your emotions and help your children also reduce their feelings of stress.



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