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

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.

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.

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

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

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