

# Parent Training & Information

## Parent Workshops 2022-2023

### Parents as Partners in the IEP Process

Wednesday, September 14th, 6:30-8pm

Parents are important members of the IEP team. This workshop will help parents understand their role, rights and responsibilities in the IEP process. Parents will also learn how to effectively prepare for, participate in and follow-up on IEP meetings held on behalf of their student.

### Early Intervention Transition to Pre-K

Wednesday, September 14th, 12:00pm-12:30pm

In this brief lunchtime meeting, learn the differences between Early Intervention (ages 0-3) and special education preschool services and how to make that transition upon your child's 3rd birthday.

*\*Offered in Spanish on 9/14 6:30-7:30pm*

### Transition University Series

Tuesdays, Sept. 6, 13 & 20, 6:30pm-8:00pm

*\*Spanish\* Mondays, Oct. 3, 10 & 24, 6:30-8:00pm*

Wednesdays, Feb. 8, 15 & 22, 6:30-8:00pm

*\*Spanish\* Thursdays Mar. 2, 9 & 16, 6:30-8:00pm*

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

**Session 1-** School to Adult Life, Advocacy, History of Disability Rights

**Session 2-** Daily Life, Community Living & Employment

**Session 3-** Healthy Living, Safety, Supported Decision Making, & Guardianship



Bringing Hope  
Opening Doors  
Elevating Inclusion

### 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. *Presented by the Special Abilities network: specialabilitiesnetwork.com*

### IEP & 504

Wednesday, November 30th, 6:00pm-8:00pm

Both Individualized Education Programs (IEPs) and Section 504 plans can offer formal help for students who qualify for services. Learn the difference between an IEP and a 504 plan and what makes a child eligible. Know about your rights, 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.

*\*Offered in Spanish as a series on 8/24 & 8/31 and 2/6 & 2/13*

### Bullying Prevention

Thursday December 8th, 6:00pm-8:00pm

In this workshop for parents, we will talk about different aspects bullying, what to do when it happens and how to teach our children coping and advocacy skills.

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



Questions? Call the Utah Parent center at 801-272-1051 or email us at [info@utahparentcenter.org](mailto:info@utahparentcenter.org)

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### Life Launch Series

Wednesdays, Jan. 11, 18 & 25, 6:30pm-8pm

This three part series for youth and parents will offer information about transition from school to adult life. Get information about Vocational Rehabilitation, Centers for Independent Learning, and accessing the support and services you need. You will hear from people with disabilities who are living the lives they choose.

*Session 1:* The Road to a Good life

*Session 2:* The Road to Careers & Employment

*Session 3:* The Road to Independence & Interdependence

### Post-High Workshop

Wednesday February 1st, 6:30pm-8:00pm

Will your child be attending a post-high program through your district or charter school? Are you wondering how it will be different from high school? Have you ever heard of post-high? Please join us for a workshop that explains what post-high is all about!

### Parents as Partners in the IEP Process

Thursday, April 20th, 6:30-8pm

Parents are important members of the IEP team. This workshop will help parents understand their role, rights and responsibilities in the IEP process. Parents will also learn how to effectively prepare for, participate in and follow-up on IEP meetings held on behalf of their student.

### Getting Ready for Summer

Wednesday April 12<sup>th</sup>, 6:30pm-8:30pm

Enter summer prepared! Come learn about summer education options that might be a good fit for your child, as well as how to have good vacation and break time well spent.

*\*Offered in Spanish on 4/19*

### Social & Emotional Supports- Lunch & Learn Series

Tuesdays May 2, 9 & 15, 12:00-1:00pm

In three lunch hour workshops, gain understanding about social & emotional supports at school and at home. Content will be followed by time for Q&A.

*Part 1:* The Concept and history of Behavior Supports

*Part 2:* How to support your child at home

*Part 3:* How to support students at school

*\*Offered in Spanish as a 90 min. class on 1/17 & 5/22*

### Managing Stress in Times of Crisis

Thursday, May 18th, 6:30pm-8:00pm

Our ability to help our family is hindered during times of crisis. We may feel unsafe and insecure due to our constant stress levels. In this workshop we will offer mindfulness strategies that help with emotion regulation and reducing feelings of stress.

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