

Utah Family Voices

Parent Workshops 2023/2024

TU Tuesday:

Healthcare Transition *

Tuesday, August 8th 6 – 8 PM

Transitioning to your own healthcare? Let us help you look into Adult Health Care, introduce you to DSPD and other Medicaid Waivers, and ideas to put together your own Care Notebook.

SOS! Managing Crisis

Wednesday, August 23rd 12 – 1 PM

Our ability to help our children is hindered during crisis. Join us to learn valuable mindfulness strategies to help regulate your emotions and stress levels in times of crisis.

A Better World for All Abilities: Get Involved and Make Change

Wednesday, September 13th 12 PM

Parents of individuals with disabilities and special healthcare needs have opportunities to bring their perspectives to groups who can make decisions and impact change for the better. Please join us to understand about these groups in Utah and learn about opportunities to serve.

TU Tuesday:

Guardianship & Guardianship Alternatives*

Tuesday, October 10th 6 – 8 PM

Join us to learn about the guardianship process and alternatives to guardianship.

*These workshops are also offered in Spanish. Scan the QR code or visit our website at utahparentcenter.org/events to learn more.

Families & Advocacy

Thursday, November 9th 12 – 1 PM

Do you want to do more on behalf of your child/youth with a disability? Join us to learn about advocacy and ways to get involved. We will show you how to gear up for the legislative session and what you can do for your family and others.

TU Tuesday:

Social Skills, Sexual Health & Recreation*

Tuesday, December 12th 6 – 8 PM

Let's learn about social skills, embracing our spirituality, dating etiquette, Sexual Health, and different ways to recreate.

TU Tuesday:

Your Financial Future*

Tuesday, November 11th 6 – 8 PM

We will be learning about Estate and Financial Planning when disabilities are involved.

Anxiety & Kids with Special Healthcare Needs

Thursday, January 11th 12 – 1 PM

This workshop is for parents and caregivers to focus on understanding anxiety in their children and youth, and will address some frequently asked questions, and give state and local resources for assistance.



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 2023/2024

New Diagnosis, Now What?

Wednesday, February 21st 7 – 8 PM

Join us and other families to learn about strategies and resources to help your child and family with next steps are a new diagnosis.

TU Tuesday: Guardianship & Guardianship Alternatives*

Tuesday, March 12th 6 – 8 PM

Join us to learn about the guardianship process and alternatives to guardianship.

Let's Talk About Autism*

Thursday, April 4th 7 – 8 PM

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

Let's Keep Talking About Autism* (Autism in Adults)

Thursday, April 18 7 – 8 PM

We learned about what to expect after a diagnosis of Autism, but what about when an individual enters adult life? Our children grow up and become adults with needs, wants, and aspirations. How can we support them? Come join us, to continue talking about Autism into the adult years.



Healthy Bodies

Thursday, May 9th 6:30 – 8 PM

Even if your youth with a disability exhibits delays in other areas, they are likely to enter puberty at the same time as their peers. It's important to be prepared to support your youth during this time. We will go over resources, tips, and tools to talk to your youth about the transition they're going through.

Navigating the Maze

Thursday, May 9th 6:30 – 8 PM

Join us to learn about health care and community supports available to children and youth with special health care needs.

TU Tuesday: Social, Spiritual and Sexual Health*

Tuesday, June 11th 6 – 8 PM

Let's learn about social skills, embracing our spirituality, dating etiquette, Sexual Health, and different ways to recreate.

*These workshops are also offered in Spanish. Scan the QR code or visit our website at utahparentcenter.org/events to learn more.



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