

# Utah Family Voices

## Parent Workshops 2024/2025

### Healthcare Transition & Documentation

Thursday 9/5 6:30-8pm

Join us in learning tips and tricks for tracking valuable information to support youth and young adults in transitioning to adult health care.

### New Diagnosis, Now what?

Tuesday 10/1 12-1pm Lunch & Learn

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

### New Diagnosis, Now what?

Tuesday 10/1 7-8pm

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

### Understanding your Diagnosis

Tuesday 1/14 7-8pm

What is a diagnosis? What does it mean to have one? How can it be useful to understand it? Join us to explore the uses and benefits of a diagnosis. We will discuss how this information can help as older children become youth and their own self advocates.

### Healthcare Transition & Documentation

Wednesday 3/5 6:30-8:30pm

Join us in learning tips and tricks for tracking valuable information to support youth and young adults in transitioning to adult health care.

### Let's Talk About Autism

Thursday 4/3 7-8pm

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.

### Let's Keep Talking About Autism (Autism in adulthood)

Thursday 4/17 7-8pm

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.

### Exploring Mental Health in Your Life

Thursday 5/1 7-8pm

Join us to learn about mental health needs in people with disabilities. We will discuss dual diagnosis, the impact of mental health on people with disabilities, and what practical resources are available to help.



a project  
of the



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)