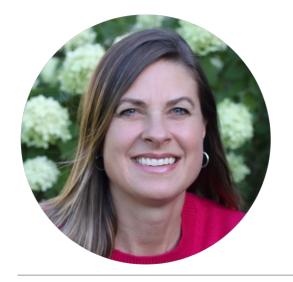




Welcome to the UPC Parent Press! Each month you will find carefully crafted information and resources on a variety of disability topics guaranteed to help you and your family navigate community resources, advocacy and much more. See what we are working on this month!



#### Meet Melissa Teemant Youth-In-Care Parent Consultant

READ HERE



Cultivating Gratitude
While Caring for a Child
with a Disability

**LEARN MORE** 

"The Silent Dinner"
vs the Inclusive Dinner

#### SUPPORTS HERE





## Navigating Complex Medical Systems Medical Home Portal

**NEW ARCHIVE LINK** 



# **UPC Workshops November 2024**

**REGISTER NOW** 

While some classes may be specific about a regional area, school, or district, everyone is welcome.

Savvy Parent's Guide to Advocacy
Not Getting the Grease?

**CONSIDER THESE** 





## **Upcoming Community Events & Resources**

**CHECK THEM OUT** 











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