

NEWS

RESOURCES
WORKSHOPS
SUPPORTS



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!



Surviving Sibling Conflict During Summer Break

STRATEGIES NOW



Safe Travels: Vacationing with Kids Who Have Allergies & Asthma

TIPS HERE

Confidence & Safety Early Body Education for



Your Child (Ages 6-8)

WHAT TO KNOW



School to Summer Routines, Regression & Resilience

STRATEGIES HERE



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UPC Workshops June 2025

REGISTER NOW

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

Teen Life Hacks to Learn This Summer

TRY NOW



Upcoming Community Events & Resources

CHECK THEM OUT



Visit our website

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