

TU Tuesdays

FREE online workshops for youth
with disabilities and their
parents/guardians.

Every 2nd Tuesday
7:00pm - 8:30pm

August: Keeping It Real: Own Your Story

This workshop on self-advocacy is all about fitting in, standing out, and dealing with pressure at school.



Citizenship & Advocacy

September: Letting Go to Grow: The Dignity of Risk

Learn the importance of allowing youth to make choices, experience consequences, and learn from their experiences.



Community Living

October: Building a Life Beyond School

You'll explore activities that enhance personal growth and develop leadership skills.



Daily Life

November: Guardianship and Alternatives

Using self-advocacy and self-determination to help young adults with disabilities and their parents make informed choices about guardianship and support at age 18.



Safety & Security

December: Building Social & Emotional Wellbeing

Helping individuals explore their feelings, connect with others, and learn tools to feel calm, confident, and supported.



Social & Spirituality



Scan for information
on Transition to
adulthood at
utahparentcenter.org/transition-university

Register:

bit.ly/TUTuesday2526



Spring 2026

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January: Navigating to Adult Healthcare

Join us and our self-advocate panel as we learn these essential skills to help you take charge of your health and your future.



Healthy Living

February: Empowering the Path Forward

This workshop helps students (14+) and their families learn about the Transition Individualized Education Program (IEP) — the plan that helps you get ready for life after high school.



Citizenship & Advocacy

March: A Student's Guide to Transition Planning

This session is here to help you plan your next steps after high school in a way that's exciting, positive, and all about what matters most to you.



Daily Life

April: Live the Life You Want

This class will empower self-advocates with disabilities to take charge of their lives by using their voices, making choices, and participating fully in their communities.



Community Living

May: Guardianship & Alternatives

Using self-advocacy and self-determination to help young adults with disabilities and their parents make informed choices about guardianship and support at age 18.



Safety & Security



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