

Utah Family Voices (UFV)

Parent Workshops 2025 - 2026

Next Steps:

New Diagnosis Parent Support Group

Ongoing monthly gathering

Free Parent-to-Parent Support for Parents of Newly Diagnosed Children. Visit UPC events calendar to sign up.

Guardianship & Guardianship Alternatives

Tuesday 7/8/26 6:30 - 8:00 PM

Tooele County Family to Family Network is hosting this class. Join us to learn more about guardianship and guardianship alternatives.

Autism 101

Saturday 9/6/25 2:00 - 3:30 PM

Vernal, UT

What is autism and how is it diagnosed, what services can help our children, and how to find respite care to avoid caregiver burnout.

Is Home Health Right for My Family?

Thursday 8/28/25 12:00 - 1:00 PM

Thursday 3/12/26 7:00 - 8:00 PM

Need help with hygiene, medical routines, or skilled care at home for your child with disabilities? Join us to learn how home health agencies work and how they're funded to support families like yours.

Dual Diagnosis: Mental Health with Intellectual and/or

Developmental Disability

Monday 9/8/25 7:00 - 8:00 PM

Thursday 5/11/26 12:00 - 1:00 PM

What does Mental Illness look like in an individual with Intellectual and or Developmental Disabilities? Come learn how to see signs, rule out other potential causes of distress, and how a doctor may diagnose and treat mental illness.

New Diagnosis, Now What?

Thursday 7/10/25 12:00 - 1:00 PM

Tuesday 10/7/25 7:00 - 8:00 PM

Come learn all about resources and strategies to help your child and your family with the next steps after finding out about a new diagnosis.

How to Deal: Holiday Stress

Wednesday 11/5/25 12:00 - 1:00 PM

The holidays are a time of joy and togetherness. Having a child or youth with special needs can impact how the holiday traditions and celebrations feel. Come and learn some practical strategies for getting through these times with as little stress as possible.

Finding Your Village

Thursday 11/13/25 7:00 8:00 PM

Caring for an individual with special needs can be challenging and you may feel like you need more support. Come learn how to identify the people, places and community groups that form your informal network. Let us help you begin to find and build your village.

SCAN ME



Scan the QR code or visit our website to learn more:
utahparentcenter.org/events

Questions? Contact us!

801-272-1051

info@utahparentcenter.org

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Navigating to Adult Healthcare

Tuesday 1/13/26 7:00 - 8:00 PM

As you become an adult, you take on more responsibility for managing your health, scheduling appointments, understanding insurance, and advocating for the care you need. Let's break down how to successfully navigate the adult healthcare system while using Self-Advocacy and Self-Determination skills.

Creating Your Family's Care Notebook

Thursday 2/19/26 7:00 - 8:00 PM

A workshop for you and your youth. Join us in discussing the transition into Adult Healthcare. Learn how to organize, and keep track of documentation. Use this tool to help your loved one with a disability advocate for themselves in the medical setting.

How to Deal: Avoiding Caregiver Burnout

Monday 3/16/26 7:00 - 8:00 PM

In this workshop, we'll discuss the needs and ways to care for someone with a disability or special health care needs, as well as your own needs. Most importantly, you'll learn and practice techniques to take care of yourself and reduce stress! This interactive session will benefit all participants.

April Autism Series

Let's Talk About Autism

Thursday 4/2/26 7:00 - 8:00 PM

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 about common therapies, treatment options, and how to set goals for growth.

Let's Keep Talking About Autism:

Parent Perspective

Thursday 4/16/26 7:00 - 8:00 PM

We learned about what to expect after an Autism diagnosis, 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? Join us for a panel discussion on supporting individuals throughout adulthood, featuring insights from parents who are navigating this journey as their adults transition into adulthood.

Never Stop Talking about Autism:

Self Advocate Panel

Thursday 4/30/26 7:00 - 8:00 PM

We're ending Autism Acceptance Month with a panel discussing the realities, challenges and successes of Autism in Adulthood. Hear from adults with Autism as they share lived experiences and insights on topics like employment, relationships, independence, housing and navigating systems of support. Let's talk about what adulthood really looks like for the autism community, and how we can build a more inclusive environment.

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