

Disability, Healthcare and Advocacy Parent Workshops

Next Steps:

New Diagnosis Parent Support Group

Ongoing monthly gathering

Free Parent-to-Parent Support for Parents of Newly Diagnosed Children. Visit our [events calendar](#) at utahparentcenter.org/events to sign up.

Healthcare Transition Made Easy:

Tools for Youth and Families

Monday 9/14/26 7:00 - 8:00 PM

Transitioning from pediatric to adult healthcare can feel overwhelming, but it doesn't have to be. Join us to learn practical strategies for navigating adult healthcare systems with confidence. Discover tools and resources to help organize important medical information, keep track of documentation, and prepare youth with disabilities to advocate for their healthcare needs.

Turning Stories Into Change

Monday 10/05/26 6:30 - 8:30 PM

Thursday 2/25/27 11:30AM-1:30PM

Come learn how to use the power of your personal story to spark real change in larger healthcare and governmental systems. When is the time to tell your story? Which information do you include? What do you ask for? Speaking up for the first time can be intimidating, so let us help you tell your story!

Questions? Contact us!

801-272-1051

info@utahparentcenter.org

SCAN ME



Scan the QR code or visit our website to learn more:

utahparentcenter.org/events

TU Tuesday:

Guardianship & Supported Decision-Making

Tuesday 11/10/26 7:00 - 8:00 PM

Tuesday 5/11/27 7:00 - 8:00 PM

This workshop will help youth and families understand important options for planning and decision-making during the transition to adulthood. Participants will learn about guardianship, supported decision-making, conservatorship, power of attorney, estate planning, ABLE accounts, and Social Security. The workshop will provide an overview of each option, how they differ, and how families can choose supports that best fit the youth's needs, goals, and level of independence.

Taking Charge of Your Health:

Moving From Pediatric Care to Adult Care

Tuesday 1/12/27 7:00 - 8:00 PM

This workshop helps youth and families better understand the transition from pediatric to adult healthcare, along with key mental health resources and Medicaid services. Participants will learn practical strategies to prepare for changes in healthcare providers and systems, while building confidence in navigating appointments, supports, and services.

Healthcare GPS

October-St. George & Cedar City

January-Tooele

March-Box Elder & Price/Cobon

Join us for two workshops to help you navigate healthcare and reduce medical trauma. Managing a disability within a complex medical system can be overwhelming. We'll share practical steps to avoid anxiety and medical trauma, communicate effectively with providers and confidently manage a healthcare plan that meets your families needs.

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Annual Autism Series

Let's Talk About Autism

Thursday 4/1/27 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

Thursday 4/15/27 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

Thursday 4/29/27 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.

Mental Health and Autism

Monday 5/13/27 7:00-8:00PM

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

Adaptive Care and Advocacy

Thursday 9/17/26 7:00 - 8:00 PM

Reduce anxiety and trauma for your child (and yourself) at the doctor's office! Join us to learn about Adaptive Care Plans and supports you can advocate for in the healthcare setting.

New Diagnosis, Now What?

Thursday 7/14/26 7:00 - 8:00 PM

Wednesday 1/13/27 1:00-2:00PM

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.

Mental Health Across Disability

Monday 11/16/26 7:00 - 8:00 PM

Tuesday 2/2/27 12:00-1:00PM

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.



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