

Utah Parent Center
Workshop Descriptions*
If your child has special needs, so do you!

- **Parents as Partners in the IEP Process**

Parents are important members of the IEP team. They can and want to be effective partners with other members of the team in developing and delivering special education programs for their student with disabilities. However, they often lack information. This workshop will help parents understand their role, rights and responsibilities in the IEP process. They will learn how to effectively prepare for, participate in and follow-up on IEP meetings held on behalf of their student. Trainers who are parents of children with disabilities will present information.

- **“Constructive Communication Tools to Build Effective IEP Teams”**

Some of the most important skills – or “tools” – needed by IEP team members are good communication skills. In this interactive workshop, participants will learn and practice 5 basic skills that can lay the foundation for the effective exchange of ideas and information. We’ll also learn the principles of interest-based negotiation. Effective relationships often employ constructive communication – the kind that builds effective teamwork. Everyone will want these tools in their toolbox!

- **Transition**

- **Early Intervention to Preschool:**

- Transition From Early Intervention to Preschool: What You Need to Know Before Your Child’s Third Birthday**

- This is an exciting time for families and their children with disabilities and special needs! Families have had the benefit of receiving services from Early Intervention and are now preparing to receive school-based programs and services. Come learn about your roles and responsibilities in working with teams that support your child as s/he moves into preschool programs.

- **To Adult Life:**

- From “NO Where” to “KNOW Where” through Educated Transition Choices (for Parents)**

- As families of children and young adults with disabilities, we have learned many things – but most of us admit that we have much more to learn. The transition to adult life can leave you feeling you are “NO Where” – totally lost! Get to “KNOW Where” by learning about your roles and responsibilities in transition planning and related issues.

- **Section 504 – Services for Students in Public Schools**

What do parents need to know about Section 504? It is important for parents of students with disabilities and special needs to have information and an understanding of Section 504 of the Rehabilitation Act. They can and want to be effective partners in working with schools to meet the educational needs of their student with disabilities. However, they often lack information. This workshop will help parents understand their role and responsibilities in working with school personnel.

- **How to Get and Keep a Job**

Many parents wonder if their son or daughter can be successfully employed. The goal of this session is to help families and professionals understand the realities of today’s work place and the skills needed. Participants will learn the importance of disability self-advocacy, career planning and strategies to navigate resumes, job interviews and job accommodations.

- **“If We Build Them, They Will Work – Partnerships!” Tools for Building Effective Partnerships Between Parents and Professionals**

Building on an adaptation of a phrase from the movie *Field of Dreams*, this interactive workshop will present tools that can help in the important task of building partnerships to make dreams come true and IEP team planning effective. Participants will help identify the challenges that IEP teams face and the characteristics of effective partnerships. Strategies will be shared and developed for involving parents and building strong teams.

- **“Gifts and Challenges ~ Having a Child with Special Needs in Your Family”**

FOR PARENTS: Having a child with special needs is a wonderful experience that many of us did not anticipate. We find ourselves experiencing a different life from what we expected. Join us to explore some of the unique “gifts and challenges” that are ours. Participants will get and give wonderful ideas for recognizing and appreciating gifts, managing the challenges, understanding and coping with feelings, recognizing how our emotions impact our interactions with professionals, and much more!

FOR EDUCATORS/PROFESSIONALS: Professionals will gain insight and understanding of the experiences parents of children with disabilities. Join us to explore some of the unique “gifts” that families receive and “challenges” that families face. Participants will get and give wonderful ideas for recognizing and appreciating gifts, managing the challenges, understanding and coping with feelings, recognizing how parents emotions impact their interactions with professionals, and much more!

- ***STRESS – and What to Do About It!!!***

YES...WE FEEL STRESS! In this workshop we will briefly explore some of the things that “make us crazy” – the unique stressors related to living with a child with a disability (or working in the field of disability)...but more importantly, learn and practice some techniques to help you deal with the stress! This interactive session will benefit all participants by helping them understand *STRESS and What to Do About It!!!*

For more information, contact:

Louise Ogden, Parent Consultant, Utah Parent Center, 801-272-1051, louiseo@utahparentcenter.org
Jennie Gibson, Associate Director, Utah Parent Center, 801-272-1051, jennie@utahparentcenter.org
230 West 200 South, #1101, Salt Lake City, UT 84101

** Content may vary based on the needs of the audience, the presenter(s), and the amount of time allotted for the training. Training will be presented by trainers who are parents of children with disabilities who are staff of the Utah Parent Center (UPC). Teams of parent trainers, personnel from the local school district, Utah Personnel Development Center (UPDC), and/or the Special Education Section of the Utah State Office of Education (USOE) may co-present some workshops.*