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# PARENTING CLASSES

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## **Healthy Relationships Utah**

<https://healthyrelationshipsutah.org/>

Serving Box Elder, Cache, Davis, Iron, Juab, Morgan, Salt Lake, Sanpete, Sevier, Summit, Tooele, Utah, Washington and Weber Counties.

Topics include: Smart Dating, Couples, Fatherhood, Parenting and Stepfamilies

## **Smarter Parenting**

<https://www.smarterparenting.com/>

Serving Statewide via web, videos, podcasts, and coaching. 9 specific issues topics and 14 parenting lessons that include instructional video, printed notes and home lesson plan. In addition, classes on specific topics including; ADHD, Autism, Anxiety, Mental Health, Trauma and more.

## **The Family Support Center**

[Familysupportcenter.org](http://familysupportcenter.org)

Family Support Center is a 501(c)3 nonprofit agency dedicated to strengthening families through providing education, resources, and support to alleviate stress and diffuse the possibility of domestic violence and abuse. They offer free emergency care for children, free in-home parenting support, community classes on parenting and step-families, low-cost individual and family counseling, and much more! Call about our services if you are feeling overwhelmed or need help with family matters.

## **Utah Parent Education and Family Stabilization Course**

<https://courseforparents.com/states/UT>

Our Parent Education and Family Stabilization Course has been written to meet national standards and is recognized by courts and organizations that allow distance learning. The Course For Parents program provides meaningful content intended to meet court, legal, or employer requirements. We also recommend the Parent Education and Family Stabilization Course for personal growth.

## **Local School District**

Always check with your local school district through the family support or community education program for free or low cost parenting classes in your area.

## **Parenting specific to Autism**

The Autism Clinic at UNI does some small group and individual parent training – Call 801-587-8020 to learn more about their services



State of Utah

GARY R HERBERT  
Governor

SPENCER J. COX  
Lieutenant Governor

**Utah Department of Health  
Executive Director's Office**

Joseph K. Miner, M.D., M.S.P.H., F.A.C.P.M.  
Executive Director

**Division of Family Health and Preparedness**

Paul R. Patrick  
Division Director

**Children with Special Health Care Needs  
Bureau**

Noël Taxin, M.S.  
Bureau Director

## Community Resources

Below are links to community resources for families of children with special healthcare needs. These links are organized under special education classifications and have been created by The Utah Department of Health's Bureau of Children with Special Healthcare Needs. This outreach effort is also supported by our participation in the ADDM Network.

### Resources:

#### Autism

Evaluation Services:  
[cshcn.link/findeval](https://cshcn.link/findeval)

Applied Behavioral Analysis Providers:  
[cshcn.link/aba](https://cshcn.link/aba)

Post-Secondary Education: [cshcn.link/school](https://cshcn.link/school)

Housing and Independent Living:  
[cshcn.link/living](https://cshcn.link/living)

Employment: [cshcn.link/jobs](https://cshcn.link/jobs)

Ten Tips: [cshcn.link/tips](https://cshcn.link/tips)

Transition Tool Kit: [cshcn.link/toolkit](https://cshcn.link/toolkit)

What Can You Do Before 18: [cshcn.link/acu18](https://cshcn.link/acu18)

#### Speech/Language Impairment

Speech and Language Providers:  
[cshcn.link/speech](https://cshcn.link/speech)

#### Intellectual Disability

Integrated Services Program: [cshcn.link/isp](https://cshcn.link/isp)

#### Deaf/Blindness

Utah School for the Deaf and Blind:  
<https://www.usdb.org/>

#### Developmental Delay

Integrated Services Program: [cshcn.link/isp](https://cshcn.link/isp)

#### Emotional Disturbance

Integrated Services Program: [cshcn.link/isp](https://cshcn.link/isp)

#### Hearing Impairment/Deafness

Early Hearing Detection and Intervention:  
[cshcn.link/edhi](https://cshcn.link/edhi)

#### Multiple Disabilities

Integrated Services Program: [cshcn.link/isp](https://cshcn.link/isp)

#### Orthopedic Impairment

Integrated Services Program: [cshcn.link/isp](https://cshcn.link/isp)

#### Other Health Impairment

Integrated Services Program: [cshcn.link/isp](https://cshcn.link/isp)

For more information about the ADDM Network:

<https://www.cdc.gov/ncbddd/autism/addm-community-report/what-is-addm-network.html>

For more information about URADD:

[www.utahautismregistry.org](http://www.utahautismregistry.org)





# RIBBON CUTTING & GRAND OPENING!

Friday,  
February 21  
11 AM - 3 PM

- 11:00 AM Ribbon Cutting
- 11:00 AM - 1:00 PM  
Educators & Health  
Professionals
- 1:00 - 3:00 PM Families

