



From Resentment to Reverence

A deeper dive into the real, often-taboo emotions of caregiving like anger, shame, resentment and how to alchemize them into understanding and boundary setting.

8/8/25 @10 am via Zoom

[Register here](#)

Designing Calm: Sensory Strategies for Caregiving at Home

Practical and sensory-based strategies for home environments that support regulation and dignity for those with dementia or sensory needs.

8/15/25 @ 10 am via Zoom

[Register here](#)

Caregiver support group

Are you a family caregiver looking for community? Join Caregiver Outreach Specialist Jenny Stang for our monthly caregiver support group.

Monday 8/18/25 @10 am via Zoom

[Register here](#)

Quarterly CARES: Regional Autism Network (RAN)*

Join special guest, Maria Gutierrez from Alabama's Regional Autism Network. RAN is staffed by experts in the field of Autism Spectrum Disorder. Each RAN strives to connect people with ASD, their families, educators, and service providers to the information and/or services that best meet their needs.

** Education Stipend Opportunity*

Friday 8/22/25 @ 10:00 am via Zoom

[Register here](#)

Neurodivergence in the Family System: Beyond the diagnosis

Learn how family roles, guilt, gifts and generational neurodivergence shape caregiving dynamics.

Thursday, 8/28/25 @ 10 am via zoom

[Register](#)

Alabama Lifespan Respite & UCP Huntsville is proud to introduce our new therapist, Kendra Tatum, MS, LCP

[Complete the referral form here for more information](#)

FAMILY WELLNESS

UCP offers counseling and support services for children and adults with disabilities, their family members, and professionals involved with their care.



Kendra Tatum, MS, LPC

Services Available:

- ✓ Individual Counseling
- ✓ Group Counseling
- ✓ Family Counseling
- ✓ Training

Meet the therapist:

Kendra is a Licensed Professional Counselor with over 10 years experience providing mental health services for individuals of diverse backgrounds. Kendra provides support for life transitions, challenging behaviors, depression, anxiety, family engagement, and more.

Please complete form using the link or QR code below for a free phone consultation.

<https://forms.gle/V9a1GnmRJhN83iPN8>



Contact Us:

📞 256-859-4900

🌐 www.ucphuntsville.org

📍 1856 Keats Drive, Huntsville, AL 35810

In partnership with:



United Cerebral Palsy of Huntsville & Tennessee Valley, Inc. | 1856 Keats Drive NW |
Huntsville, AL 35810 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!