



ALABAMA LIFESPAN RESPITE

Nourishing the Caregiver: Stretching the Pantry & Feeding the Soul

Join Jenny Stang, LMSW to discuss practical strategies and comforting rituals for feeding both body and spirit in uncertain times.

Friday, November 6th @10 am via Zoom

[Register here](#)

***The Cost of Caring: Emotional Budgeting in Hard Times**

When the heart spends more than it earns, fatigue becomes the currency. Join Jenny Stang, LMSW as we discuss how to manage emotional energy when resources are tight.

*Education stipend opportunity

Friday, November 14th @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 November 17th @ 10 am via Zoom

Register here

A Gentle Holiday: Redefining Celebration When Life Feels Heavy

Join Jenny Stang LMSW as we discuss managing the ups and downs of change, tradition and expectations. Because peace, not perfection, is the real tradition worth keeping

Tuesday, November 18th @10 am via Zoom

Register here

The Language of Appreciation: Gratitude That Feels Real

Join Jenny Stang LMSW as we discuss managing the ups and downs of change, tradition and expectations. Because peace, not perfection, is the real tradition worth keeping

Wednesday, November 26th @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:



SPECIAL NEEDS CHILDCARE SUBSIDY & ALABAMA LIFESPAN RESPITE TRAININGS

PROVIDERS, FAMILIES, & OTHER AGENCIES ARE INVITED TO LEARN ABOUT ALABAMA'S UCPC SPECIAL NEEDS CHILDCARE SUBSIDY, INCLUDING ELIGIBILITY AND REQUIRED DOCUMENTATION FOR THE REFERRAL PROCESS, AS WELL AS FAMILY RESPITE RESOURCES. PRESENTED BY THE STATEWIDE CHILD CARE ENHANCEMENT WITH A PURPOSE (CCEP) AND ALABAMA LIFESPAN RESPITE PROGRAMS.

TO REGISTER: call (256)859-4900 or email manderson@ucphuntsville.org

9/4/25

12:00-1:00PM

GADSDEN STATE CC RESOURCE CENTER
GEORGE WALLACE DRIVE CAMPUS
NAYLOR HALL, ROOM 105
GADSDEN, AL 35903

9/9/25

6:00-7:00PM

UCP HUNTSVILLE TRAINING CENTER
1856 KEATS DRIVE
HUNTSVILLE, AL 35810

9/29/25

12:00-1:00PM

FAMILY GUIDANCE CENTER OF ALABAMA
2358 FAIRLANE DRIVE, BUILDING D
MONTGOMERY, AL 36116

10/17/25

12:00-1:00PM

UNITED ABILITY
DR E'S PLACE, BOARD ROOM
101 OSLO CIRCLE
BIRMINGHAM, AL 35211

10/20/25

12:00-1:00PM

WESTGATE BRANCH LIBRARY COMM. ROOM
535 RECREATION ROAD
DOTHAN, AL 36303

10/21/25

12:00-1:00PM

OPELIKA PUBLIC LIBRARY
MEETING ROOM B
1100 GLENN STREET
OPELIKA, AL 36801

11/8/25

10:00-11:00AM

TOULMINVILLE PUBLIC LIBRARY
601 STANTON ROAD
MOBILE, AL 36617

11/10/25

12:00-1:00PM

TUSCALOOSA PUBLIC LIBRARY
1801 JACK WARNER PKWY
TUSCALOOSA, AL 35401



ALABAMA
LIFESPAN RESPITE

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

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