

August Parent Information Relating to Special Education

All these opportunities are **FREE** unless noted.

In most cases **you must register** if registration information is provided.

The FCPS **Parent Resource Center** is still **open**, and it continues to provide direct assistance to families, educators, and community members. The staff there can help you find answers and solve problems. prc@fcps.edu 703-204-3941

Neighborhood Community Services is providing **NCS Connects**, an online resource for youth, teens, and parents this summer. Adapted resources are included at Exploration Station: <https://www.fairfaxcounty.gov/neighborhood-community-services/ncs-connects>

FCPS school counselors, psychologists and social workers are available during summer – Any FCPS parent may schedule a 30-minute phone consultation for themselves or their high school student. Consultations will provide support and strategies to students who may be experiencing difficulties with anxiety, mood, behavior, or peer or family interactions. Register: https://docs.google.com/forms/d/e/1FAIpQLSeFLnv14CZ1Pga7QpeDpxXpKNVM4U8YvJdS08XL9yKEk7fJtA/viewform?utm_name=

Children's Challenging Behaviors — *6-Hour course split into 3 days via Zoom*

This is for parents of children and youth with mental health challenges, including ADHD and ASD. Learn when and how to seek help and the ins and outs of special education. Find parenting strategies and discover community resources.

Register: <https://namivirginia.org/for-parents-of-children-and-youth/>

Rev Up Your Child's Executive Functions for a Successful School Year

Tue, Aug. 4, 1-2 pm, *Webinar with replay link*

Learn practical ways to boost your child's executive functions now as you start the transition back to the school year.

Register: https://goto.webcasts.com/starthere.jsp?ei=1345631&tp_key=c8ae85b162

How to Help Your Students Make a Successful College Transition

Wed. Aug. 5, 2:00-2:45 pm,

Learn some key differences between high school and college, available supports for student success, and how to set students up for success in college.

Register: <https://vcurrtc.org/registration/webcast/index.cfm?webcastID=486>

Talk Saves Lives for Firearms Owners

Wed. Aug. 5, , 7:00-8:30 pm, *Online*

Suicide can be prevented. Learn about suicide prevention, including common risk factors, warning signs, and how to stay safe, specifically for firearms owners.

Register: <https://tslfirearms-eed-805.attendase.com/register/registration/form>

Helping Siblings Learn to Get Along

Thu. Aug. 6, 7:30-9:00 pm, Via Zoom, With replay link **\$5-\$35**

Background concepts and specific strategies will be followed with a group discussion of individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pkn541e20334&oseq=&c=&ch=>

Capacity Building for IEP Teams

Sun. Aug. 9 to Aug. 23, 3 hours — *Available 24/7 Online*

Learn practical strategies to help future IEP meetings be more positive, productive. and collaborative for parents and educators.

Register: <https://bit.ly/2Y1sbEk>

COVID-19, Parenting and Stress: Self-Care Is Not a Luxury

Wed. Aug. 12, noon-1 pm, *Webinar*

Learn about the biological reasons that caregivers are fatigued by the pandemic and some practical ways to care for yourself.

Register: <http://bridgestherapyandwellness.com/event/covid-19-parenting-and-stress-self-care-is-not-a-luxury-aug-2020/>

Children and Violent Play

Thu. Aug. 13, 7:30-9:00 pm, Via Zoom, With replay link **\$5-\$35**

Background concepts and specific strategies will be followed with a group discussion of individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pko3z6a4fee28&oseq=&c=&ch=>

Parenting Children of Color with Dr. Jamell White

Wed. Aug. 19, 7-8 pm, via Zoom **\$20**

Join him and other parents to discuss the unique issues in raising children of color with special needs and the impact of the current race-related events on children.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh7nafmj9aca27f0&oseq=&c=&ch=>

Gender and Sexual Variation

Thu. Aug. 20, 7:30-9:00 pm, Via Zoom, With replay link **\$5-\$35**

Background concepts and specific strategies will be followed with a group discussion of individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pli71bfde90b4&oseq=&c=&ch=>

Advocacy Afternoon: Advocating for Your Special Needs Student

Wed. Aug. 23, 1-2 pm, *Webinar*

Learn tips and tools that will help you be an effective and powerful advocate for your special needs student.

Register: <https://register.gotowebinar.com/register/4817916323964235536>

Key Concerns in Diagnosing and Treating Adolescents

Wed. Aug. 26, 1-2 pm, *Webinar with Replay Link*

Learn how preventive education, a proper diagnosis, and the identification of “stress points” can ease teens with ADHD into adulthood.

Register: <https://www.additudemag.com/webinar/adhd-in-adolescence/?>

Working with Your Adolescent

Thu. Aug. 27, 7:30-9:00 pm, Via Zoom, With replay link **\$5-\$35**

Background concepts and specific strategies will be followed with a group discussion of individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pm6s5817324a6&oseq=&c=&ch=>

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NAMI Basics

This 6-session course is for adults who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms (including ADHD and ASD). 99% of participants say they would recommend the program to others.

Register: <https://publiccourseapi.nami.org/Learner/Login?ReturnUrl=%2F>

Wrightslaw Special Education Law and Advocacy Training

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>. \$50-90

The Parent Playbook — 9 Module Online Course on Autism

From the VCU Autism Center for Excellence & Virginia Autism Council. An introduction on Autism Spectrum Disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services.

Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm

Access to Success — Online Self-Paced 8-class Course for Students with Disabilities

High school and college students can learn about their disability rights and how to obtain accommodations in college. Use the mp3 files for audio. Access: <https://accesstosuccess.ctb.ku.edu>

Dyslexia & the IEP: How to Make Sure the IEP is in Tip-Top Shape

Webinar On demand, available

24/7: <https://www.youtube.com/watch?v=frehRL58UTs>

Support Groups

All these support groups are open to newcomers, most are online, and they are free, except where noted. No diagnosis is required to participate. Participants are typically given the opportunity to share their story, experience support, and glean guidance (as desired) from group members regarding both community and school resources. Confidentiality is respected.

Support Groups for Youth

Autism Social Club meets weekly on Sat. noon-1 pm for high school students and young adults with ASD. Hosted by a trained young adult volunteer. They play online games, talk about gaming, music, arts, and just have fun. RSVP required! For more information, please contact Nicci Dowd at niccisdowd@gmail.com.

Guided Self Care is a one-hour, activity-based group for youth. Facilitators guide the group with a new activity each 2nd and 4th Monday, 6-7

pm. Register: https://docs.google.com/forms/d/e/1FAIpQLSf5c3Ts1Nh94Sn5uUeqqcgXvADf20dVxqn4SI5Cb3dEx_WhHw/viewform

Teen Topics, a group for teens with ASD, meets weekly on Mondays, 3:00-4:30 pm to learn and practice appropriate social and life skills and to build independence. RSVP to receive the curriculum and supply list: Director@ASNV.org . Join Zoom Meeting at <https://zoom.us/j/946600168>. Meeting ID is 885 5743 8808. One tap mobile at 301 715 8592 .

Tweens On & Off the Spectrum, an inclusive group meets weekly on Mondays (starting 5/15), 1:00-2:30 pm. Tweens, 9-12 years old will learn life-skills, hygiene, to prepare snacks, social media safety, and friendship skills while having fun. Contact: Rose at Director@ASNV.org .

Support Groups for Parents

Alpha Moms This support group for adoptive parents meets monthly in McLean. Contact: robin4brady@gmail.com

Autism Dads meets one evening monthly typically in the past in Falls Church. Contact: George Buzby at 571-419-1257 or gbuzby@aol.com

Autism Society of Northern Virginia Virtual Support Group 2nd and 4th Saturday of the month, 1:00-2:30 pm via Zoom. Meeting ID: 83085728013

Business Networking Event for Special Needs Parents

Alternate Fridays, May 29 and following, 9:00-10:30 am *Via Zoom*. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder

- **Burke CHADD Support Group for Parents, Caregivers and Family Members** Last Thursday of the month at 7:00 pm. Contact Kim Griffin: kimberlygriffin@yahoo.com
- **Loudoun County CHADD Parent Support** 3rd Tue. morning of the month in Sterling. Contact: Bonnie Little 571-306-2932 or on Facebook @loudounahdhsupport
- **West Fairfax CHADD Evening Parent Support Group** 3rd Thur. of each month at 8:00 pm Contact: Cathy, ocgreulich@aol.com

- **West Fairfax CHADD Morning Parent Support Group** 1st Tues. of each month at 8:00 pm. Contact: Cathy, ocgreulich@aol.com

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CSB Family Support Group at Gatlan Center 2nd and 4th Wed. of each month 6-7:30 pm via Zoom Contact: Samar.Chwairy@fairfaxcounty.gov or call 703-799-2882.

D.A.D.S. Dads Appreciating Down Syndrome 3rd Tue. each month, 7-9 pm via Zoom. Contact: George gbuzby@aol.com or call 703- 545-6089.

Dr. Dan's Support Group for Parents Raising Challenging Children meets via Zoom on Mondays, 1-2 pm,
Register: www.parentchildjourney.com/journey/

Epilepsy Parent Support Group & Discussion Series meets monthly on the 4th Thursday, 7:00-8:30 pm. Register: <https://epilepsywdc.org/events/epilepsy-parent-support-group-discussion-series-virtual/>

Fairfax Juvenile Court Parent Support for problems including runaway behavior, truancy, alcohol/drug abuse, and serious behavioral problems at home, at school, or in the community. Sign up for a phone consultation at <https://www.fairfaxcounty.gov/juveniledomesticrelations/juvenile-intake> .

Family Recovery & Support Group meets weekly via Zoom on Mondays 6:30-7:30 pm for family and friends of those receiving CSB services for addictions. Contact: Natalie.Holmes@fairfaxcounty.gov www.fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-group

Grupo de Chat para Padres: Unete a nuestro nuevo GRUPO DE CHAT mediante la aplicación de WhatsApp y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al GRUPO: <https://bit.ly/2VoU2vw>
(Chat Group for Latino Parents: Join our new CHAT GROUP through the WhatsApp application and you will be able to keep up to date with everything that PEATC Latino is doing.)

Meditation and Mindfulness: Monday, Tuesday, Thursday & Friday; 12:15 p.m.: <https://www.si.edu/Events?trumbaEmbed=eventid%3D143846035%26view%3Devent%26-childview%3D>

NAMI: National Alliance on Mental Illness builds better lives for affected families. Arlington Parent Support Group meets two Sundays a month at 7:00-8:30 pm. Contact: Michelle Best mczero@yahoo.com

OCD Family Support Group 1st Mon. of each month, 7:30 pm.
Contact: familygroupocd@verizon.net or call 202-215-5859.

Parents in a Pandemic is a group for families of children or young adults with developmental and/or behavioral challenges. They currently meet twice monthly, 5:30-6:30 pm on Tuesdays. Contact Diane Manning dmonnig@thearcofnova.org .

Parents of Autistic Children (POAC-NOVA) Parent Support Group meets on Saturdays occasionally. Contact: Brianne Russel-Morris administrator@poac-nova.org

Parents of Autistic Teens meets some Sat. of each month. Contact: Maria Dubuc 703-970-3676 or Admin@ASNV.org