

September 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

Survive and Thrive with Virtual Learning: Practical Strategies

Tue. Sep. 1, 6:30-8:00 pm, Online

Learn how to avoid parent-child conflict around academics this fall with practical tips for establishing routines that really work keeping kids focused while learning online.

Register: https://docs.google.com/forms/d/e/1FAIpQLScIIpU6WC5B9TqWBpW-wo0KTMIZDuXSHMluUmt_1ILzGzaig/viewform

REVIVE Training

Wed. Sep. 2, 10 am, Online

Learn what to do and not do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies are provided for use when needed.

Register: <https://www.fairfaxcounty.gov/community-services-board/heroin-opeioids/revive>

Organize Your IEP & 504 Binder

Wed. Sep. 2, 7:00 pm

We will cover organizational strategies to help keep track of all your student's IEP and 504 records, from medical information and testing results to correspondence.

How to improve Social Interaction for Teenagers with ADHD

Wed. Sep. 2, 7:00 pm,

Learn common strategies to avoid when interacting with adolescents, and how to engage teens in a dialogue to coach them through social dilemmas.

Register: <https://chadd.org/ask-the-expert/>

Special Education and IEPs During COVID-19

Thu. Sep. 3, noon-1 pm, Via Zoom

Learn ways to communicate with your school and what steps parents should take to have important discussions about your child's needs when they go back to school.

Register: https://docs.google.com/forms/d/e/1FAIpQLSdptfj3618on8q0i9fYixaB_RpEzDAzAV_7vk0D3cDjg58Nlw/viewform?fbclid=IwAR1KKz9b7XfL9bt4b5tx3szYC2pWgdnqsktzQHih-bSpDFmeWBqp4sY5pbl

Plan Ahead — Exceptional Parents Book Club

Wed. Oct. 7, 7:30-9:00 pm, Via Zoom

This online book club for parents of exceptional children will be discussing *The Speed of Dark* by Elizabeth Moon. Read now to discuss next month.

Register: <https://guidingexceptionalparents.com/maryland-book-club-registrations/>

Debunking the Myths of Supported Decision-Making and Guardianship

Tue. Sep. 8, 2:00 pm

This webinar will describe guardianship and less restrictive decision-making alternatives, as well as help debunk some of the myths that persist about these.

Register: <https://thearc.org/about-us/webinars/>

Survive and Thrive with Virtual Learning: Practical Strategies

Fri. Sep. 11, 10-11:30 am, Online

Learn how to avoid parent-child conflict around academics this fall with practical tips for establishing routines that really work keeping kids focused while learning online.

Register: https://docs.google.com/forms/d/e/1FAIpQLScIIlpU6WC5B9TqWBpW-wo0KTMIZDuXSHMluUmt_1lLzGzaig/viewform

Ethical Decision Making in Positive Behavior Support, Part 1

Fri. Sep. 11, noon-1:00 pm

Learn how ethics is currently being approached in the field of behavior analysis and how that compares with other historical approaches.

Register: https://zoom.us/webinar/register/WN_i2rfTi3fQzqbW5dyI0w9EA

How to Help Your Middle/High School Aged Child with Learning Differences Conquer Distance Learning

Mon. Sep. 14, 7:00-8:30 pm,

This webinar will help parents guide their children to build a toolkit of strategies to make distance learning more effective and less stressful.

Register: <http://bridgestherapyandwellness.com/events/>

Una introducción a la prevención del suicidio

Martes, sep. 15, 6:30-8:00 pm,

Aprenda sobre la prevención del suicidio, incluidos los factores de riesgo, las señales de advertencia y cómo mantenerse a salvo.

Regístrese: <https://ncactsl091520.attendease.com>

Social Emotional Learning for Children with ADHD in Quarantine

Wed. Sep. 16, 1 pm, With Replay Link

Learn strategies to help children feel and show empathy and make and keep positive relationships so that they can be more socially and emotionally competent.

Register: https://goto.webcasts.com/starthere.jsp?ei=1361051&tp_key=5efa7cb133

The Spectrum of Transportation

Wed. Sep 16, noon-1:30 pm, Webinar

Learn about services available to those with ASD to assess their potential to safely and independently operate a motor vehicle, including a parent perspective.

Register: <https://cvent.me/bVzZGL>

Seizure Alert Dogs and Devices: What You Need to Know

Sep. 16, 7:00 pm, Online

Learn about seizure alert dogs and the process for getting one, and get an overview of the available seizure alert devices and how to choose one.

Register: <https://epilepsywdc.org/events/seizure-alert-dogs-and-devices-what-you-need-to-know-sept-16/>

Autism 101

Thu. Sep. 17, 11-noon,

Learn basic information about autism, accepted therapies and interventions, how to access services, and longterm developments.

Register: <https://asnvnnonprofiteasy.net/PublicPages/Event/Details.aspx?eid=34434>

Collaborative & Proactive Solutions: 1-2 Day Training

Thu. & Fri. Sep. 17 & 18, 8:40 am-4:15 pm **\$99-\$159**

Gain an overview of the CPS model, along with the nuances of assessment and engaging kids in solving the problems that affect their lives.

Register: <https://www.eventbrite.com/e/collaborative-proactive-solutions-2-day-virtual-training-registration-108761990040>

10 Ways to Stop Power Struggles & Start Motivating Your Kids

Fri. Sep. 18, 10:00-11:30 am, OR 6:30-8:00 pm,

It's time to stop the yelling and power struggles with toddlers and teens. Learn how to create stress-free home life with practical strategies that really work.

Register: https://docs.google.com/forms/d/e/1FAIpQLSeRCwQHVLUFdkeaDeUqIzHFCxpAWzoa_UMumevKSy7N_Sarkw/viewform

***Plan Ahead* —NAMI Ending the Silence — for Students Grades 8-12**

Mon. Sep. 21. 6:30 pm, Parent consent for student **Required**

An educational presentation is followed by a hopeful personal story, shared by a young adult who experienced a mental health condition while in school.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh9jhb6g2d883c9c&oseq=&c=&ch=>

Parenting Children of Color with Dr. Jamell White

Wed. Sep. 23, 7-8 pm, via Zoom **\$20**

Learn about and discuss with other parents 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=a07eh7nbhkse626d33a&oseq=&c=&ch=>

Setting the Stage for Good Behavior: Routines, Procedures & Expectations

Thu. Sep. 24, 10 am-3 pm,

Gain an overview on establishing and maintaining routines, procedures, and expectations, as well as strategies to teach and reinforce these lessons.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSfekSCsrBimWJg->

Integrated vs. Segregated Vocational Services and Their Impact on Competitive Integrated Employment

Thu. Sep 24, 2:00-2:45,

Learn about the benefits of integrated vocational services compared to segregated services at promoting various work outcomes for individuals with IDD.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/505>

Helping Children and Adolescents Effectively Deal with Social and Emotional Challenges

Thu. Sep. 24, 6:30-9:00 pm, Online \$25

Social skills and emotional regulation CAN be taught. Learn tools to use when children struggle with prosocial skills, motivation, or poor self-esteem.

Register: <https://www.eventbrite.com/e/chesapeake-childrens-conference-september-24-25-registration-90855205365>

Seeds to Recovery

Sat. Sep. 26, 9 am-noon, Online

Learn about the root causes of addiction and how to support yourself and/or a loved one on the road to recovery.

Register: https://help.recoverycentersofamerica.com/WEBINARDC2020-09-26_registration.html

Autism Supports in College

Sat. Sep. 26, 1:00-2:30 pm, via Zoom

Learn what you need to know before you attend and how to find that information.

Access: <https://us02web.zoom.us/j/9466001682> Meeting ID: 946 600 1682

NAMI Ending the Silence for Parents & Caregivers

Mon. Sep. 28, 6:30 pm,

An educational presentation by a parent, and a hopeful personal story by a young adult who experienced a mental health condition while in school.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh9jhb6g2d883c9c&oseq=&c=&ch=>

Bridging the Distance: Accommodations and Technology for Overcoming Remote Learning

Tue. Sep. 29, 1 pm, With Replay Link

Learn about effective accommodations and tech tools to support students with ADHD and learning disabilities for remote learning.

Register: https://goto.webcasts.com/starthere.jsp?ei=1360306&tp_key=d4b32453ed

Talk Saves Lives for Firearms Owners

Tue. Sep. 29, , 6:30-8:00 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://ncactsl09292020.attendase.com>

***Plan Ahead* — Fall 2020 Transition University Virtual Training**

Sun. Oct. 11-Mon. Nov. 23, *5 Week Online Course*

This self-paced course for parents of school aged children with IEPs includes the major topics needed to plan now for their child's future adult life.

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

***Plan Ahead* — Parent Child Journey interactive Zoom Discussion Groups**

10 Weekly 1-hour meetings on Mon. Wed. or Thu. Starting in Oct. **\$150**

A child behavior expert will lead a discussion and trouble-shoot participants' implementation of the ten course topics.

Register: <http://www.parentchildjourney.com/journey/>

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 for teens and young adults with ASD meets virtually

Saturdays, noon-1:00 pm. Contact: Dr. Nicci

Dowd autismsoclub@gmail.com

Back to School Online Support Group meets the 2nd Tues. each month at 6:30 pm. Talk with peers and get

ideas. Register: https://docs.google.com/forms/d/e/1FAIpQLSeMCUsoJt-4SQnLkFR0Ij7OtV3WcEbEAA7got97KAG_Yi2omQ/viewform

Teen Topics, for teens with and without ASD, meets some Saturdays, 4:00-5:00 pm to learn and practice social and life skills and to build independence.

RSVP 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

• **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: <http://survey.constantcontact.com/survey/a07eh2rnzqrk9vdghmb/a0179kbgrhnj1/questions>

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.signupgenius.com/go/10c0a44abab29abf85-juvenile>

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.

Parent Café (for all Fairfax County parents and guardians) meets via Zoom in English on Mon. 7:45-9:15 pm, and en español, miércoles, 7:00-8:30 pm. Register at least 24 hours in advance 703-324-7720 or parentingeducation@fairfaxcounty.gov

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