

## October Parent Information Relating to Special Education

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

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

**Ongoing** and **On Demand** events and courses follow this monthly list of events.

When other events become available they will be posted at:

<https://fairfaxcountysepta.org/upcoming-community-events/>

The FCPS Parent Resource Center Library now has a contact free procedure for lending their materials. [prc@fcps.edu](mailto:prc@fcps.edu) 703-204-3941

### **Connecting the Dots: Accessible Instructional Materials**

Thu. Oct 1, 10 am

Learn about accessible instructional materials (AIM) for students with difficulty using print materials, including who qualifies, and how to access them.

Register: [https://us02web.zoom.us/webinar/register/WN\\_u7kx3PbKQQi8vucTjgKXbA](https://us02web.zoom.us/webinar/register/WN_u7kx3PbKQQi8vucTjgKXbA)

### **Helping Students Gain Perspective on Their Emotions**

Thu. Oct. 1, noon-3:30 pm With replay access **\$35**

Emotions are central to social competencies, executive functions, and self-regulation. Gain activities to help students learn about their emotions.

Register: <https://www.socialthinking.com/online-training/livestream-event?>

### **Children's Mental Health Symposium: Navigating the Adolescent and Young Adult Years**

Fri., Oct. 2, 8:00 am-4:45 pm

Tracks include cultural competency, substance use disorder, clinical topics, and transition to adulthood.

Register: <https://www.accelevents.com/e/CHoRMentalHealth20>

### **How to Get Your Child/Adolescent to Open Up to You**

Fri. Oct. 2, 10:00-11:30 am

Learn strategies that you can use to open lines of communication with your children and increase productive interactions.

Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

### **Strong Minds, Healthy Lives: Strategies to Empower People Affected by ADHD**

4 Tuesdays, Oct. 6, 13, 20, & 27, 7:00–8:30 pm

This year's local CHADD Resource Fair includes four speakers with powerful ideas to help parents of children with ADHD.

Register: <https://www.chadd.net/chapter-events/115>

### **We've Got This: Adjusting our Perspective to Help Kids Manage ADHD During the Pandemic**

October 6, 7:00–8:30 pm, Via Zoom

Dr. Catherine McCarthy will discuss how the circumstances of the pandemic affect the treatment needs of kids with ADHD.

Register: <https://www.chadd.net/chapter-events/115>

### **Fall 2020 Transition University Virtual Training**

Sun. Oct. 11 to 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 your child's future adult life.

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

### **Dyslexic Edge 2020: Pathways to STEM Excellence \$35**

Mon. Oct 12, Recorded content released; Sat. Oct. 17, 9 am-2 pm Live Speakers, an exhibit hall, and live expert chat, will focus on on dyslexia, perseverance, and distance learning with assistive technology.

Register: <https://www.thedyslexicedge.org/agenda>

### **Teen Stress and Self-Care: Strategies For Teens and Parents**

Mon. Oct. 12, 7-8 pm

Learn how to recognize stress-based behavior and how to reduce stress moving forward.

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

### **Impact vs. Intention: The Importance of Collaboration When Dismantling Structural Racism**

Mon. Oct 12, 7:00-8:30 pm, **\$15**

The individual and organizational challenges of racial healing and collaborative decision-making will be discussed in view of the current structural racism in the US.

Register: <https://thesycamoreschoolva.org/upcoming-events/>

## **How to Prevent Opioid Use in Your Community**

Tue. Oct. 13, noon-1 pm

Learn how you can take action to prevent opioid use, misuse and addiction in your community.

Register: <https://attendee.gototraining.com/r/3386773300129243650>

## **Navigating the Teen & Tween Years — 7 week course**

Tues. Oct. 13 to Dec. 1, 5-7 pm, Via Zoom

Join other parents of 10-16 yr. olds to address how to set routines, manage conflict and navigate exposure to drugs and tobacco.

Register: Kristy Ferrufino 703-672-1410 or email [kferrufino@scanva.org](mailto:kferrufino@scanva.org)

## **Navegación de la adolescencia — taller de 7 semanas en español**

El martes, 13 de octubre a 1 de diciembre, 5-7 pm, a través de Zoom

Se centra en crear un ambiente para apoyar cambios de comportamiento positivos con familias de niños mayores de 10 años.

Registrarse: Kristy Ferrufino 703-672-1410 o emial [kferrufino@scanva.org](mailto:kferrufino@scanva.org)

## **The Secret Power of a Growth Mindset in Children and Adults with ADHD**

Tue, Oct. 13, 7:00–8:30 pm, Via Zoom

Mary Cay Ricci will focus on ways a growth mindset can improve psychosocial skills, goal setting, and strategies for getting “unstuck.”

Register: <https://www.chadd.net/chapter-events/115>

## **What Parents Need to Know About Teenagers and Autism**

Thu. Oct. 15, 11 am-noon,

Register

at: <https://asnv.nonprofiteasy.net/PublicPages/Event/Details.aspx?eid=34466&sid=241247>

## **How Stress and Trauma Affect ADHD in Children of All Colors — and How to Heal the Wounds**

Thu. Oct. 15, 1-2 pm, Webinar with Replay Link

Learn about the similarity in symptoms of trauma and ADHD, how the two can interact, the role of racial trauma, and resources for healing.

Register: <https://www.additudemag.com/webinar/adhd-and-trauma/>

## **Five Strategies for Parents Who Support Children with Fetal Alcohol Spectrum Disorder**

Thu. Oct. 15, 1:00-2:30 pm, With 30 day extended access \$15-\$0

Register: <https://adoptionsupport.myabsorb.com/#/catalog/cb4d4e40-39d8-42ec-9d71-3e3bbdb5a716>

**Alcohol, Drugs, and Vaping: What Every Parent Needs to Know**

Fri. Oct 16, 10:00-11:30 am

Learn about current trends in substance use and what to watch out for in order to keep your kids healthy and safe.

Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

**Emotions Count: From Research to Practice \$25-\$105**

Sat. Oct. 17, 9 am-5 pm, Virtual, On Demand & Scholarship Options

Learn the science and strategies to help students gain motivation and skills that will serve them well at school, at home and in the community.

Register: <http://www.ccl-md.com/education-conference/>

**Dyslexic Edge 2020: Pathways to STEM Excellence \$35**

Sat. Oct 17, 9 am-2 pm,

Speakers, a student panel, and a parent panel, will focus on on dyslexia, perseverance, and distance learning with assistive technology.

Register: <https://www.thedyslexicedge.org/agenda>

**Falling Into Place: Celebrating Family Resilience**

Sat. Oct 17, 9 am-noon

Foster, adoptive, and kinship families attend sessions for children and youth as well as real time learning for parents, caregivers and professionals.

Register: <https://formedfamiliesforward.org/event/spring-forward-foster-adoptive-and-kinship-family-fun-day-2020/>

**Parenting ADHD Summit**

Mon. Oct. 19 to Fri. Oct. 23, 36 hr access free; forever access \$87

Hear 30 ADHD experts on decoding and improving behavior, addressing common challenges, nutrition, social struggles, and creating room for joy day-to-day,.

Register: <https://thebehaviorrevolution.com/parenting-summits/parenting-adhd-summit-2020-conference-experts/>

**Parenting Autism Summit**

Mon. Oct. 19 to Fri. Oct. 23, 36 hr access free; forever access \$87

Hear 30 autism experts on decoding and improving behavior, addressing common challenges, nutrition, social struggles, and creating room for joy day-to-day.

Register: <https://thebehaviorrevolution.com/parenting-summits/parenting-autism-summit-2020-conference-experts/>

### **Why Autonomy is So Important for Kids with ADHD (And for Everybody Else)**

Tue, Oct. 20, 7:00–8:30 pm, Via Zoom

Dr. William Stixrud will focus on tools parents and educators can use to help students with ADHD develop a strong sense of autonomy and why that's important.

Register: <https://www.chadd.net/chapter-events/115>

### **Driving, Transportation, and Epilepsy**

Tue. Oct. 20, 7 pm

Gain an overview of the local epilepsy driving restrictions and transportation options for non-drivers.

Register: <https://epilepsywdc.org/events/driving-transportation-and-epilepsy-oct-20/>

### **Trauma and Resilience-Oriented Care at Home and in the Classroom**

Wed. Oct. 21, noon-1:30 pm, Webinar

Learn about skill development for children who have experienced complex trauma and how to help caregivers experiencing compassion fatigue.

Register: <https://cvent.me/BN1qEb>

### **Moving On To Life in the Community: A Resource Fair**

Wed. Oct. 21, 6:30-8:30 pm, *For Students with Disabilities and their Parents*

Learn about vocational, residential, leisure, independent living, and advocacy options for FCPS graduates needing ongoing support.

Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

### **Parenting Children of Color with Dr. Jamell White**

Wed. Oct. 21, 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 recent race-related events on children.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh7nbz60a02987cf&oseq=&c=&ch=>

### **The Fire This Time: Building an Equitable and Inclusive Community**

Wed. Oct. 21, 7:30-9:00 pm

After a look at systemic racism in education, we will focus on the need for equity and inclusion in building new systems to mold civic-minded individuals. Register: <https://www.labschool.org/community-and-resources/lecture-series>

### **Challenging Behaviors: Prevention Strategies and Teaching Self-Control**

Thu. Oct. 22, 10:00-11:30 am OR 6:30-8:00 pm

Learn specific strategies to encourage positive behavior at home by preventing challenging situations.

Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

### **Calming the Chaos: Productivity and Peace of Mind**

Tue, Oct. 27, 7:00–8:30 pm, Via Zoom

Jackie Woodside will discuss how Calming the Chaos can help teens and parents move from “crazy busy” to meaningfully productive and less stressed.

Register: <https://www.chadd.net/chapter-events/115>

### **Better School Behavior: How to Design and implement a Positive and Effective Behavior Plan**

Thu. Oct 29, 1 pm, With replay link

Learn how a behavior support plan can use prevention, skill-building, and redesigning of the environment to aid struggling students.

Register: <https://www.additudemag.com/tag/webinar/>

### **The Voice of Families: Pathways to Integrated Employment for Individuals with IDD**

Thu. Oct 29, 2:00-2:45

Gain insights and recommendations for strengthening the pathways to the world of work, from families who have pursued that for a family member.

Register: <https://vcurrtc.org/training/webcasts/>

### **Launching Your Adolescent into Adulthood**

Fri. Oct. 30, 10:00-11:30 am,

Learn ways to help your young adult gain independence by your teaching money management, self-advocacy, and other “soft” skills.

Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

## **Support Groups**

## 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](mailto: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](https://docs.google.com/forms/d/e/1FAIpQLSeMCUsoJt-4SQnLkFR0Ij7OtV3WcEbEAA7got97KAG_Yi2omQ/viewform)

**Heads Up** and **Talk It Out** — Teen and Parent Recovery Groups  
These are concurrent virtual groups for teens (ages 14-17) who are working through emotional, mental health or substance use challenges and their parents every Thursday 6-7 pm.  
Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

**Stronger Together** meets alternate Tuesdays, 7-8 pm, starting Oct. 6. This peer support group is for youth ages 14 – 22. Parents, caregivers, and guardians meet elsewhere at the same time, and both groups are facilitated by professionals. Register: <https://www.eventbrite.com/e/2020-21-stronger-together-peer-support-groups-tickets-119246035101?>

**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](mailto:Director@ASNV.org) .

## Support Groups for Parents

**Alpha Moms** This support group for adoptive parents meets monthly in McLean. Contact: [robin4brady@gmail.com](mailto:robin4brady@gmail.com)

**Autism Dads** meets one evening monthly. Contact: George Buzby at 571-419-1257 or [gbuzby@aol.com](mailto: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

- **Alexandria CHADD Parent Support Group** 4th Mon. of each month at 6:30 pm. Contact: Alyssa [ADHDParentMountVernon@gmail.com](mailto:ADHDParentMountVernon@gmail.com) or call 303-903-9972.
- **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/Burke CHADD Parent Support Group** 1st & 3rd Thur. of each month at 8 pm Contact: Cathy, [ocgreulich@aol.com](mailto:ocgreulich@aol.com)

• **CSB Family Support Group at Gatlan Center** 2nd and 4th Wed. of each month 6:00-7:30 pm via Zoom Contact: [Samar.Chwairy@fairfaxcounty.gov](mailto: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](mailto: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/a0179kbgrhjn1/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](mailto:Natalie.Holmes@fairfaxcounty.gov) [www.fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-group](http://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.)

**Heads Up and Talk It Out** — Teen and Parent Recovery Groups  
These are concurrent virtual groups for teens (ages 14-17) who are working through emotional, mental health or substance use challenges and their parents every Thursday 6-7 pm.  
Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

**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](mailto:mczero@yahoo.com)

**Parent Café** (for all Fairfax County parents and guardians) meets via Zoom in English on Mon., 7:45-9:15 pm, for African Americans on Thu. at 6:00-7:30 and en español, miércoles, 7:00-8:30 pm . Register at least 24 hours in advance by email: [BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or 703-324-7720

**Parents in a Pandemic** is for families of children or young adults with developmental and/or behavioral challenges. They meet twice monthly, 5:00-6:00 pm on Tuesdays. Contact Diane Manning [dmonnig@thearcofnova.org](mailto:dmonnig@thearcofnova.org) .

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

**Parents of Autistic Teens** meets some Sat. of each month. Contact: Maria Dubuc 703-970-3676 or [Admin@ASNV.org](mailto:Admin@ASNV.org)

**Stronger Together** meets alternate Tuesdays, 7-8 pm, starting Oct. 6. This peer support group is for parents, caregivers and guardians of youth ages 14 – 22. The youth meet separately at the same time, and both groups are facilitated by professionals. Register: <https://www.eventbrite.com/e/2020-21-stronger-together-peer-support-groups-tickets-119246035101?>

