

November Parent Information Relating to Special Education

All these opportunities are online and 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.

Support Groups for Parents and Youth are at the end of this list.

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 703-204-3941

Cathy Greulich
Volunteer Coordinator
Fairfax County Special Education PTA (SEPTA)

Upcoming Community Events

REVIVE Training

Mon. Nov. 2, 2 pm,

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-opioids/revive>

A Deeper Look at ADHD: The Know/Go Model

Mon. Nov. 2, 6:30-8:00 pm

Learn about the Know/Go model for ADHD that can help you understand your kids better and will minimize negative messaging for your kids.

Register: <http://bridgestherapyandwellness.com/event/a-deeper-look-at-adhd-the-know-go-model/>

Creating an ADHD-Friendly Home Environment — 3 session course

3 Tuesdays: Nov. 3 to Nov. 17, noon-1 pm. **\$20** includes book

Learn about the many ways ADHD commonly affects children's behavior, along with what to avoid and what to embrace to help your child be successful.

Register: <https://chadd.z2systems.com/np/clients/chadd/event.jsp?event=1359&>

Tech Tips and Tricks: Helping Your Child with Virtual Learning

Wed. Nov. 4, 7-8 pm

Learn how to navigate virtual learning and help your child thrive while in an online classroom.

Register: <https://register.gotowebinar.com/register/2005124789163736334>

Addiction and the Unique Challenges for Kids with LD/ADHD

Thu. Nov. 5, noon

Learn how to talk about the difficult topics of drugs and alcohol with your kids who have ADHD or learning disabilities.

Access: <https://www.facebook.com/SmartKidsWithLD/>

How to Find Balance with Technology — *Digital Citizenship Series Part 1*

Tue. Nov. 6, 10:00-11:30 am

Learn how to help your children find ways to use boundaries within their life online which may include school, friends, and other parts of their world.

Register: https://docs.google.com/forms/d/e/1FAIpQLSchzRMyF_WXDHy28pdUmyIM-WOuz6bndsg8_1wtibUBhVHylg/viewform

Placing Real Estate in a Special Needs Trust

Fri. Nov. 6, 10:00 am-noon, Webinar

Learn how property can be handled and leveraged in Special Needs Trusts to increase housing for individuals with disabilities.

Register: <https://thearcofnovatrust.org/event/fffp-placing-real-estate-in-a-special-needs-trust-webinar/>

Exceptional School Fair

Sun. Nov. 8, 11 am-3 pm,

This event showcases private day schools, boarding schools, and therapeutic services for children with special needs.

Register: <http://exceptionalschoolsfair.com>

College Boot Camp 2020 — *Workshop for Students*

Mon. Nov. 9, 12:30-3:00 pm

Class of 2021 students with an IEP, who plan to attend college are invited to join Career and Transition Services staff to start work on the college application process.

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

Wrightslaw Special Education Law and Advocacy

Tue. Nov. 10, 11 am-7 pm, Online **\$195** includes 3 texts

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

Register: <https://www.eventbrite.com/e/wrightslaw-special-education-law-and-advocacy-conference-tickets-79738404715?aff=ebdssbonlinesearch/>

Transition from School to Work

Thu. Nov. 12, noon-1 pm

A VCU Autism Center for Excellence presentation will include time for Q & A.

Register: <https://vcuautismcenter.org/te/lunchandlearn.cfm>

2020 Autism Hope Summit

Fri. Nov. 13, 9 am-4 pm

This conference will include a keynote, 3 concurrent sessions with 12 presentations, a resource fair and a closing Q&A panel of self-advocates.

Register: <https://web.cvent.com/event/db1e29b0-d2db-45fd-a88b-41d8c291ef1b/summary>

Hot Topics That Concern You the Most — *Digital Citizenship Series Part 2*

Fri. Nov. 13, 10-11:30 am

Share your top concerns about technology and your child, so that we may provide sound advice and resources.

Register: https://docs.google.com/forms/d/e/1FAIpQLSchzRMyF_WXDHy28pdUmyIM-WOuz6bndsq8_1wtibUBhVHylg/viewform

The Autism Umbrella

Fri. Nov. 13, 10:00-11:30 am

Register: <https://us02web.zoom.us/meeting/register/tZApc-qrD0uGtQgvDXWPZcFac03PRv-w0xq>

Innovations in Epilepsy Treatment and Care

Tue. Nov. 17, 7 pm

Gain an overview of the newest treatment options including medication, surgery, devices and diet; and a review of current research, including how to be involved.

Register: <https://epilepsywdc.org/news/announcing-virtual-epilepsy-education-series/>

Helping Police and First Responders Better Communicate with People with Autism

Wed. Nov. 18, noon-1:30 pm

Lunch webinar by the Virginia Autism Council.

Register: <https://cvent.me/WL3zQ7>

Why Are You So Sensitive? Understand How Sensory Processing Sensitivity Affects the ADHD Brain

Wed. Nov 18, 1 pm, With replay access

Learn about the symptoms of Sensory Processing Sensitivity, how it affects the brain, and how to manage it alongside ADHD.

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

Understanding Tourette Syndrome and Co-Occurring Conditions

Wed. Nov. 18, 7-8 pm

Learn about tic disorders, which may accompany ADHD, OCD, or anxiety, along with tips on how to help your student with virtual learning.

Register: <https://register.gotowebinar.com/register/4195614734972573966>

Organized Chaos: Executive Functioning Strategies for Learning in a Variety of Environments

Wed. Nov. 18, 7:30-9:00 pm

Learn key strategies and tips for K-12 students on time management, physical and digital organization of workspace, ergonomics, and planning.

Register: https://us02web.zoom.us/webinar/register/9216032881733/WN_QC3XN7kyRuGRJQ1UzzMD0g

Challenging Behaviors: ABCs of Behavior & How to Respond

Thu. Nov. 19, 10:00-11:30 am OR 6:30-8:00 pm

Learn how to teach self-control strategies along with tips on how to proactively prevent challenging behaviors.

Register: https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dIoGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name=

Advanced Training in the Collaborative and Proactive Solutions Model

Fri.-Sat. Nov. 20-21, 9 am-4 pm, Online **\$200**

Direct teaching, interactive case studies, and Q&A will provide an in-depth orientation to key themes, assessments and treatment facets of this model.

Register: <https://campaign.gmdpages.com/4children-dr-greenes-2-day-workshop/>

ADHD Anger, Tantrums, and Mood Shifts: Effective Treatments for Emotional Dysregulation

Tue. Nov. 24, 1 pm, With replay link

Learn the causes of, and effective treatments for emotional dysregulation, a common and under-appreciated challenge for many children with ADHD.

Register: <https://www.additudemag.com/webinar/anger-management-adhd/>

Ongoing and On Demand

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

Webinar, available 24/7

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

Accommodations for Recreational Classes and Camps with Fairfax County Parks

Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training.

To request accommodations, [email gary.loque@fairfaxcounty.gov](mailto:gary.loque@fairfaxcounty.gov) or 703 324-8563

Scholarships for Classes with Fairfax County Parks

Children of families that receive public assistance (medicaid, free school lunch, SNAP, TANF) are eligible to take one set of classes per quarter for a \$15 registration fee.

Information: <https://www.fairfaxcounty.gov/parks/scholarships>

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).

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

Get Ready for College: A Resource for Teens with Disabilities

Online, Self-Paced 8 Class Course from VCU

This course for high school students with disabilities focuses on preparation for college, selection of a college for best fit, and the disability services process.

Access: <http://vafamilysped.org/Event/j8Gu8yhL54NjdEsQYzfwtg/Event-online-self-paced-free-course-get-ready-for-college-a-resource-for-teens-with-disabilities>

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>

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

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

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 .

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. 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, 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 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

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 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.)

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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

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 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 .

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

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?>