

January 2021 Upcoming Community Events

All these opportunities are online and FREE unless noted.
In most cases you must register if registration information is provided.

Ongoing and **On Demand** 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/>

Autocuidado y Bienestar Emocional

Lunes, Enero 11, 6 pm

Aprenda sobre la importancia que tiene para su familia su propio cuidado personal. Aprenda a invertir en usted.

Registrarse: https://us02web.zoom.us/webinar/register/WN_fxRREMnJTE6wI5rrbkZnww

Lee District Disability Traffic Stop Training

Tue. or Thu. Jan. 12 or 14, 10 am-noon, Edison HS 5601 Franconia Rd. Alexandria

Drivers (inc. learners) with a disability can practice interacting with police in a traffic stop. BYO vehicle. Register for appointment.

Register: <https://form.jotform.com/202654149663055>

How to Do It Now: Powering Through Procrastination —for Teens & Parents

Tue. Jan. 12, noon, with replay link **\$19.95**

Learn tips, tools, and techniques on getting stuff done now.

A copy of the presenter's book is included in the cost.

Register: <https://www.eventbrite.com/e/how-to-do-it-now-virtual-workshop-on-powering-through-procrastination-tickets-129491826539>

Just Press Play

Tue. Jan.12, 2:00-2:30 pm

Learn family friendly activities that encourage play, attachment, and emotional regulation.

Access: <https://www.facebook.com/events/2665952870388445/>

Managing Complex Kids (and Ourselves) During Complex Times

Tue. Jan. 12, 7:00-8:30 pm

Discover tricks for making confident decisions, not just in the weeks and months ahead, but for the long term.

Register: <https://www.eventbrite.com/e/managing-complex-kids-and-ourselves-in-complex-times-tickets-134576813873>

It's Real: College Students & Mental Health – For College Students

Tue. Jan 12, 7:00-8:30 pm

The real stories of others' depression and difficulties encourage students to recognize their own struggles and to reach out for help and support.

Register: <https://ncacitsreal01122021.attendease.com>

Human Sexuality 101 — for 18+ Year-Olds with IDD/DD

Tue. Jan. 12-May 18, 7-9 pm, 18-week class **\$750**

Sexuality education and advocacy skills empower people to make healthy choices, prevent abuse, enjoy enriching relationships, and see themselves as sexual beings. Taught by certified Human Sexuality Educators.

Registration: email EASEeducates@gmail.com

Creating a Special Needs Legal and Life Care Plan

Wed. Jan. 13, 2:00-3:15 pm

Explore legal and financial strategies for maximizing a loved one's quality of life through available benefits programs.

Registration: email Carey calford@financialguide.com or (571) 378-0245

REVIVE Training

Wed. Jan. 13, 2 pm

Find out how to potentially save a life during an opioid overdose emergency. Learn what to do, how to administer naloxone, and what to do afterwards.

Register: <https://www.fairfaxcounty.gov/community-services-board/events/2021-01-13-revive>

Massachusetts USA Gap Year Fair

Wed. Jan. 13, 6:30-8:00 pm

Get up to date information to plan a gap year for 2021-2022.

Register: <https://www.eventbrite.com/e/massachusetts-usa-gap-year-fair-2021-registration-131810912989?aff=2021GYFEventonGO>

When Stimulants Are Not Enough: Alternative Strategies to Manage ADHD Beyond Traditional Pharmacology

Wed. Jan. 13, 7:00-8:00 pm

Learn about interventions such as nutrition and brain modulation methods that may be effective in helping to manage ADHD.

Register: <https://www.labschool.org/community-and-resources/lecture-series>

Self-Care & Social Emotional Wellbeing During These Uncertain Times — *Military Only*

Thu. Jan. 14, 10-11 am

Understand the vital importance of self-care and social emotional wellbeing during this era of additional stress and anxiety.

Register: https://us02web.zoom.us/webinar/register/WN_YAc3KV0tQ-KUDoCHdCNaAQ

Transition IEP Workshop — *For MS & HS Families*

Thu. Jan. 14, 10 am-noon

Post-secondary success starts with an IEP Transition Plan. Learn to use IEP goals to create effective steps to job training, college, or a career.

Register: https://docs.google.com/forms/d/e/1FAIpQLSfyyF9_SmZQ5czVIIHeWvLBQgj7ze-d8hA_prf9oGNmhRzYug/viewform

Strategies to Fund a Special Needs Trust

Thu. Jan. 14, noon-1 pm

Explore ways to fund a special needs trust, minimize tax exposure, and plan for your special needs child's financial security.

Register: https://us02web.zoom.us/webinar/register/WN_hnGGx2KwSzSTeM-2jtV8pw

Turning 18 in Virginia

Thu. Jan. 14, 6:30 pm

Learn about the financial, medical, legal, and educational issues that require planning well before a child with ID/DD becomes a legal adult on their 18th birthday.

Register: https://zoom.us/webinar/register/WN_9YW5CJjRQilndIMYZJOFg

Exploring Post-Secondary Options through the College & Career Center — *For Students & Parents*

Thu. Jan. 14, 6:30-8:00 pm

Learn about higher education, apprenticeships, the military, a gap year, financial aid, testing accommodations and other options.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSdjLprLf0T9vTjVFCNEp8cm-iilgD9C4AKC4z7u7yN4ubE4Jw/viewform>

Supporting Your K-2 Children in Math

Fri. Jan. 15, 10:00-11:30 am

Learn how to identify the critical content of your child's math curriculum, and how to support your child in learning that content.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSfbMX2fjnfbCI78GrYBL0XiRx5qcmbvQni9rQZ2UghwYabK6g/viewform>

Early Childhood Academy – Self-paced Online Course

January 16 to February 20

Families of young children (birth through age 6) with disabilities or developmental delays learn how to create an environment of lifelong learning at home.

Register: <https://www.eventbrite.com/e/early-childhood-academy-eca-winter-2021-registration-128698471593>

Transition Lunch & Learn

Wed. Jan. 20, noon-1:30 pm

Whether your child with ID/DD will age out of the school system in two years or ten, the best time to take the next steps in planning for that is now.

Register: https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

A Parent's Guide for Managing Language Processing Disorder

Wed. Jan. 20, 1 pm, with Replay Link

Language processing deficits affect the ability to learn, focus, socialize, and be successful. Find out how to advocate for and support your child.

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

Strategies for Increasing Replacement Behaviors

Thu. Jan. 21, 10:00-11:30 am OR 6:30-8:00 pm

Parents gain skills and strategies for replacing a child's undesirable behaviors with more positive behaviors.

Register: https://docs.google.com/forms/d/1dIF9Rrc4yL9B2uDGloLJAFTAuNAxzx3agVslA9upxAs/viewform?utm_name&edit_requested=true

Ins and Outs of IEPs

Thu. Jan. 21, 11:30 am

Have a productive student-focused IEP meeting with these pre-planning strategies. Helpful insights are shared for building relationships and self-advocacy skills.

Register: <https://us02web.zoom.us/webinar/register/>

Transition Lunch & Learn

Thu. Jan. 21, noon-1:30 pm

Find out what supports are available for employment, transportation, recreation, and day services.

Register: https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

Self-Care & Social-Emotional Wellbeing

Thu. Jan. 21, 6:30 pm

Make “you” a priority by understanding the vital importance of self-care and social-emotional wellbeing during these uncertain times.

Register: https://us02web.zoom.us/webinar/register/WN_Tn1judASQg6_0NF8vB5OCg

Great Expectations – What to Hope for If You Want Your Kids to Thrive

Thu. Jan. 21, 7:00-8:30 pm **\$10**

Understand the science behind parental expectations and their effects on children. Learn to see the humor and opportunity in realistic expectations.

Register: <https://thesycamoreschoolva.org/events/great-expectations-what-to-hope-for-if-you-want-your-kids-to-thrive-presented-by-karen-cassiday-ph-d/>

Collaborative & Proactive Solutions Virtual 2-Day Training

Thu. Jan 21 & Fri. Jan 22, 9:30 am-5:15 pm **\$99-\$159**

Option to sign up for either or both days. Day One is an overview of the CPS model, Day Two has video examples, and discussion.

Register: <https://www.cpsconnection.com/virtual-trainings>

Supporting Your Grade 3-6 Children in Math

Fri. Jan. 22, 10:00-11:30 a.m.

Learn how to partner with your child in examining the content of their math course with techniques to support their learning of the course’s core content.

Register: https://docs.google.com/forms/d/e/1FAIpQLSfD6hwsGUxhbIBoWt42iOVpg_VnitlQR9n1pl9pDOXNM5D8gQ/viewform?utm_name=

National USA Gap Year Fair

Sat, Jan. 23, 12:30-3:00 pm

Learn about available gap year programs, the college deferral process, COVID considerations, and tips for planning a gap year.

Register: <https://www.eventbrite.com/e/national-usa-gap-year-fair-2021-registration-131818423453?aff=2021GYFEventonGO>

SibShops — *For Brothers and Sisters in Grades 2-6 of a Child with Special Needs*

Mon. Jan. 25, 10 am OR 1 pm Sessions run about 1-1.5 hours.

Siblings share experiences and receive peer support in a relaxed setting with fun games and activities.

Register: https://docs.google.com/forms/d/e/1FAIpQLSfL9Dhe5eir76XkxPFIICtHxm-tQxowIC5vgVh2j635kv3dfg/viewform?utm_name=

Guiding Exceptional Parents Book Club

Mon. Jan. 25, 7:30-9:00 pm

The group will discuss *The Essential Conversation: What Parents and Teachers Can Learn from Each Other*, by Sara Lawrence-Lightfoot.

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

Regulation of Restraint and Seclusion in Virginia's Schools: What Parents Should Know

Tue. Jan. 26, 6:30 pm

Learn about new regulations on restraint and seclusion in VA schools including if, when, where, documentation, training, and reporting requirements. FCPS regulations are more restrictive.

Register: https://us02web.zoom.us/webinar/register/WN_YvFo3_WUQRiKgsQJ18knyQ

Anatomy of an IEP

Wed. Jan. 27, 7, pm

Find out all the parts of an IEP, study the functions of the sections, and learn how to help create an IEP that supports the student with a free and appropriate public education.

Register: https://us02web.zoom.us/webinar/register/WN_q3PVTP0CTRCSAB8PSZRD3w

College 101: For Families of Students with Disabilities

Fri. Jan. 29, 10:00-11:30 am

Discover how to evaluate and maximize available college supports, services, and accommodations for your student's successful college experience.

Register: https://docs.google.com/forms/d/e/1FAIpQLSfiitFLc4ed2ov_Y5DZyYqZ9D6PvjrbK7-4-KV8wYFKKBoHnQ/viewform?utm_name=

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

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