

February 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/>

Upcoming Community Events

Plan Ahead — **Youth Mental Health First Aid Course for Adults**

Sat. Mar. 13, 9 am-3 pm, Course fills rapidly, **\$25**

Learn the risk factors and warning signs of mental health challenges in youth, their potential impact, and how to respond.

Register: <https://www.fairfaxcounty.gov/hscodereg/Registration.aspx?groupID=47>

ADHD Summit

Mon.-Fri. Feb. 1-5, schedule provided at registration

ADHD experts share experience and tips for helping children with ADHD thrive.

Register: <https://www.smartcourse.io/adhd-summit?affiliate=guidingexceptionalparents>

When Teen Stress Ignites Strong Emotions: Teaching Anger and Frustration Management

Tue. Feb. 2, 1 pm, with replay link

Parents of teens with ADHD explore proven strategies for improving emotion management at home for both parents and teens.

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

Talk Saves Lives

Tue. Feb. 2, 7:00-8:30 pm, 18+ years old

Suicide can be prevented. Learn how by recognizing common risk factors, and warning signs, and learning appropriate responses.

Register: <https://ncactsl02022021.attendase.com>

Superpowers Activate: Embracing ADHD and Autism

Learn about the positive aspects of autism and ADHD.

Wed. Feb. 3, 7:00-8:30 pm

Register: <https://us02web.zoom.us/meeting/register/tZEsd6qpjs0H9VJJ4hkzuFR1VtVq1jrCfRU>

Which Therapy is Right for That?

Thu. Feb. 4, 11 am-noon

An expert panel highlights common therapies, their benefits, and how they can complement each other.

Register: <https://thearcofnova.org/workshops/#therapy>

Supporting the Transition to Adult Life During a Pandemic

Thu. Feb. 4, 5:00-6:30 pm

A panel of three or more speakers will be presenting resources.

Register: vafamilysped.org/Event/BQFOIYyoerRbHdMx375r0g/Event-supporting-the-transition-to-adult-life-during-a-pandemic-virginia-cec-february-webinar

Teen Depression

Fri. Feb. 5, 10:00-11:30 am

Teen depression is outlined with causes, assessments, new treatments, and appropriate ways to provide parental support.

Register: https://docs.google.com/forms/d/e/1FAIpQLSdCGFwUmsxWJG5fJwH-biPmnHQAkUxbgl_DDLWJHLhLMQ4wDw/viewform

9th Annual Disability Education & Transition Conference \$35

Sat. Feb. 6 & 13, 10:00-11:30 am & 1:00-2:30 pm, *with replay option*

The focus will be on better educating students with ID via inclusive classrooms, during puberty, and with effective transition. *Scholarships available*

Register: <https://dsagr.salsalabs.org/disabilityeducationtransitionconferenceregistration/index.html?eType=EmailBlastContent&eId=986e50e8-e8e9-4c88-ab14-554eb2138b02>

Transition University — Self-Paced Course

Sat. Feb. 6 to Fri. Mar. 26, 5 Sessions

Learn about the many options available to maximize your child's independence and quality of life when they age out of school.

Register: <https://www.eventbrite.com/e/winter-2021-transition-university-virtual-training-registration-126465091493>

More Than Sad: Teen Depression — *Presentation for Parents*

Sun. Feb. 7, 4-6 pm

This program teaches caregiving adults about depression, demystifies treatment, and explains how to seek help for teens.

Register: <https://ncacmts02072021.attendase.com>

Where is the line? Watch your step! — *For students age 14+ & caregivers*

Sun. Feb. 7, 5:00-6:30 pm

The focus will be on making meaningful connections while maintaining social boundaries when interacting with others is challenging.

Register: <https://us02web.zoom.us/meeting/register/tZYtc--tqTkuE9enjkVZs57zuchgtlduvhwV>

Innovative Child Therapy Symposium

Mon.-Fri. Feb. 8-12, daily pre-recorded sessions available

Parents interested in innovative therapies and therapists may wish to attend this symposium for clinicians and therapists.

Register: <https://playtherapycommunity.com/2nd-annual-innovative-child-therapy-symposium>

Advice from Siblings: What We've Learned and How We're Involved Now

Tue. Feb. 9, 11-noon

A panel discusses what it means to be a sibling of someone with DD, how it shaped their lives, and tips for other siblings.

Register: https://zoom.us/webinar/register/WN_Wczrv_pYRIGuBx5lhVIG6w

Behavior Therapy Techniques: The Gold Standard Treatment for Children with ADHD

Tue. Feb. 9, 7:00-8:30 pm

Learn some techniques you can use right away to help manage challenging behaviors and ways to teach your child how to cope with difficult emotions.

Register: <https://www.eventbrite.com/e/gold-standard-behavior-therapy-techniques-for-children-with-adhd-tickets-138710634241>

Escape from Escape: A Guide to Digital Use Disorders for Parents: Lockdown Edition

Tue. Feb. 9, 7:00-8:30 pm, **\$10**

Learn how to create reasonable but effective screen limits. The challenges of lockdowns and distance learning will be addressed.

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

Kinship Café

Wed. Feb. 10, 6:30-8:00 pm

Kinship caregivers are now meeting virtually to discuss the joys and challenges of raising a child for a family member or friend.

Register: email_buildingstrongerfamilies@fairfaxcounty.gov or 703-324-7720

Lunch and Learn: Autism and the Black Family

Thu. Feb. 11, noon

A Black therapist and mom to a child with autism shares her knowledge and perspective.

Register: <https://vcu.zoom.us/meeting/register/tJMrdeyuqDwiHdSeHQdHb2adxc6S62nJ-ITX>

The OCD-ADHD Link: What You Should Know When You Have Both

Thu. Feb. 11, 1 pm, with replay link

Recognizing and treating the often-overlooked dual diagnosis of ADHD and OCD are key to managing symptoms and improving outcomes.

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

Charting a New Course: Introducing a Deeper D.I.V.E.

Thu. Feb. 11, 7 pm

This is the first in Virginia PTA's series on Diversity and Inclusion via Education (D.I.V.E.). Learn about one PTA's work on equity challenges at their school.

Register: https://us02web.zoom.us/meeting/register/tZUvc-qtqTsqGdPYKpyT3I_th1Ubw8Q20qAS

From Chaos to Calm

Fri. Feb. 12, 10:00-11:30 am

Learn practical tools that you can apply immediately to restore your calm, focus, and ability to cultivate joy and connection in your family.

Register: https://docs.google.com/forms/d/e/1FAIpQLSc2ryYu3CcXY7luqmqQgkMFon3IR771g2mW-zPL_j6CbyQM_A/viewform

Transition Lunch & Learn

Wed. Feb. 17, 12:00-1:30 pm

Plan for the transition to adult services by learning what supports are available for employment, transportation, recreation, and day services.

Register: https://zoom.us/meeting/register/tJcqcOuurjsiHtHPVysnNwEhc3ZXUUZsrn_A

Strategies to Support Social Emotional Learning at Home

Wed. Feb. 17, 6:30-8:00 pm, OR Fri. Feb. 19, 10:00-11:30 am

Help children develop social-emotional know-how with strategies for modeling skills, attitudes, and behaviors.

Register: https://docs.google.com/forms/d/e/1FAIpQLSetboVuw6VEpDliSVNp_yOOxzYkPO1hgsRIg9C69K-iSLQRhcA/viewform

How Playfulness Can Help Us Use Change to Our Advantage

Wed. Feb. 17, 7-8 pm

Discover how a playful attitude helps us accept our mistakes and broaden our experiences as learners, parents, and educators.

Register: https://us02web.zoom.us/webinar/register/3816073525535/WN_8D90J7A2Qxun9Tha0qXVXg

It's Real: College Students & Mental Health – For College Students and Parents of HS Seniors

Wed. Feb. 17, 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.

Register: <https://ncacitsreal02172021.attendase.com>

Teaching Your Children to Follow Directions

Thu. Feb. 18, 10:00-11:30 am, OR 6:30-8:00 pm

Parents are provided an instructional overview with strategies for supporting their children's ability to follow directions.

Register: https://docs.google.com/forms/d/e/1FAIpQLSf7nE1_FuKz0FJJjvIJ_o7pVXmL4nuH4JDbHonhGFmZnZVwSQ/viewform

Lunch and Learn: Women on the Spectrum: The Gender Voyage

Thu. Feb. 18, noon-1 pm

Find inspiration in Brigid Rankowski, a dynamic fire-breathing circus performer who advocates for the Autism community, with a focus on women's issues.

Register: <https://vcu.zoom.us/meeting/register/tJcvf-uvqDgoH9whRaCnWWwjNfNrZ86JmkmS>

Diversity & Inclusion at Dominion Energy

Thu. Feb. 18, 2:00-2:15 pm

Learn how Dominion implements, enhances, and promotes diversity and inclusion in the company.

Register: <https://vcurrctc.org/registration/webcast/index.cfm?webcastID=523>

SPAN Forum on Coping with Grief and Loss

Mon. Feb. 22, 6:00-7:30 pm

Learn about healthy ways to process loss and grief, including the loss of important rituals during the pandemic.

Register: <https://register.gotowebinar.com/register/4913260479337285132>

Building LGBTQ Awareness and Acceptance: A Foster, Adoptive and Kinship Family Sensitivity Training

Mon. Feb. 22 **and** (not or) Mon. Mar. 1, 6:30-8:00 pm

Learn how to provide vital emotional support to LGBTQ children and youth to decrease their vulnerability to depression and suicide.

Register: <https://formedfamiliesforward.org/event/building-lgbtq-awareness-and-acceptance-a-foster-adoptive-and-kinship-family-sensitivity-training/2021-02-22/>

Virtual Customized Employment Strategies for Chaotic Times

Wed. Feb. 24, 2:00-2:45 pm

Hear about employment strategies for doing things both virtually and in person while keeping people safe.

Register: <https://vcurrctc.org/training/webcasts/webcastDetails.cfm/530>

Understanding Behavior: What are Children with ASD Communicating?

Wed. Feb. 24, 7:00-8:30 pm

Gain an expanded understanding for the possible reasons a child with ASD may be acting in a counter productive way, and how to respond.

Register: <https://xminds.org/event-4123711>

Lunch and Learn: Distance Learning for Students with ASD

Thu. Feb 25, noon

Explore a new tool for distance learning for students with ASD with both classroom and home setting supports.

Register: <https://vcu.zoom.us/meeting/register/tJEuceuvrjoqHNdmNqoonbueYwquLM5AzB-W>

12 Principles for Raising a Child with ADHD

Thu. Feb. 25, 1 pm, with replay link

Learn to provide unconditional support in the face of meltdowns, disorganization, and academic challenges.

Register: <https://www.additudemag.com/webinar/parenting-a-child-with-adhd/>

Courageous Conversations: Creating a Safe Space in Our PTAs

Thu. Feb. 25, 7 pm

This is the 2nd in VAPTA's series on diversity and inclusion. It will focus on antiracism in creating a safe space within the school community.

Register: <https://us02web.zoom.us/meeting/register/tZYkfu2gqDMjEtCT2aMKWgHOFOVPxYje5xM>

Is it Over Yet? How to Help Your Child Cope with the Pandemic and the Eventual Return to Normalcy

Fri. Feb. 26, 10:00-11:30 am

Help children cope with general stress, uncertainty about the future, the continuation of virtual school, and loss of social interaction.

Register: https://docs.google.com/forms/d/e/1FAIpQLSfBLpuNXYKizSchCBhAlgqzTsjFuliulTp7_aDL0Lu6hkTIJg/viewform

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.logue@fairfaxcounty.gov](mailto:gary.logue@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

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>

People First for Young Adults is a social and self-advocacy group for youth with disabilities ages 14-26. It meets monthly on the 2nd Tuesday, 6:30-8:00 pm. Contact: [email Diane.Monnig@thearcofnova.org](mailto:Diane.Monnig@thearcofnova.org)

Snappy Reads Teen Book Club (with hybrid-media) for neurodiverse teens, ages 12-18, to connect with their peers, meets the 3rd Monday monthly online at 7pm. Contact: austin.ferraro@loudoun.gov

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 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. Contact: Director@ASNV.org

Support Groups for Parents

African American Culturally Focused Virtual Parent Café meets Thursdays, 6:00-7:30 pm. Register at least 24 hours in advance by [email BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or 703-324-7720

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

Arlington Epilepsy Support Group, a list-serve, can be accessed at ARLEpilepsy@googlegroups.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, 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/>

Cafés Virtuales Para Padres: Miércoles de 7:00-8:30 pm. Regístrese con al menos 24 horas de anticipación: BuildingStrongerFamilies@fairfaxcounty.gov o 703-324-7720

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 Sun. evening of the month. Contact: Bonnie Little 571-306-2932 or on Facebook @loudounahdhsupport
- **West Fairfax/Burke CHADD Parent Support Group** 1st & 3rd Thur. of each month at 8:00 pm Contact: Cathy, ocgreulich@aol.com

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CSB Family Support Group at Gatlan Center 2nd and 4th Wed. of each month 6:00-7:30 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/a0179kbgrhjn1/questions>

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.)

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>

Kinship Café meets monthly on the 2nd Wed. 6:30-8:00 pm for those raising children of friends or relatives. Contact: 703-324-7720 or [email buildingstrongerfamilies@fairfaxcounty.gov](mailto:buildingstrongerfamilies@fairfaxcounty.gov)

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 meets the 1st Mon. of each month, 7:30 pm. Contact: ela.mike@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 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, 5:30-6:30 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

REACH Parent Support Group meets monthly to support parents of individuals with developmental disabilities who also have mental health or behavioral issues. Contact: Dr. Pourmand mojgan.pourmand@eastersealsucp.com

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 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?>