

April 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

Virginia Deaf Mentor Pilot Project Survey

Survey closes April 9

Parent input is sought for preferences regarding a new program to assist families with deaf or hard of hearing students.

Access: <https://www.surveymonkey.com/r/GJDQSM9>

Zenaviv Autism Awareness Month Art Competition

Submissions accepted Mar. 25 to April 18

Autistic and neurodivergent artists may submit drawings or paintings in two categories: Age 1-15 and Age 16 and over.

Register: <https://www.zenaviv.com/artcompetition2021?rq=art%20competition>

Plan Ahead — Navigating the Teen and Tween Years — 7 week course

Tuesdays, Apr. 6 to May 18, 6-8 pm

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

Register: <https://www.eventbrite.com/e/navigating-the-tween-teen-years-virtual-series-registration-141017303551>

Plan Ahead — Collaborative & Proactive Solutions — 2 Day Training

Thu. Apr. 8 & Fri. Apr. 9, 9 am–4 pm **\$200-\$220**

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://4children.ca/events/>

Plan Ahead — FCPS Special Education Conference

Sat. Apr. 17, 9 am-2 pm

Guest speakers and FCPS staff presentations, along with Sibshops for students in grades 7-12, and a student strand for youth ages 14-22.

Register: <https://www.fcps.edu/academics/academic-overview/special-education-instruction/special-education-conference-2021?>

Plan Ahead — Teen Adoptee 6-Week Support Group

Saturdays, Apr. 17 to May 22, 10:00-11:30 am

Therapists will moderate this safe space for teens in grades 10-12 to share feelings about their adoption and explore their identity.

Register: <https://store.adoptionsupport.org/product/TEENGROUP-Spring2021-10-12/virtual-teen-identity-group-registration-spring-2021-10-12>

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

Thu. Apr. 22, 9:00 am-3:30 pm **\$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/hocode/ereg/Registration.aspx?groupID=47>

Plan Ahead — Virtual Youth Conservation Camp — for HS Students

Apply by Apr. 31 Program: Mon.-Fri. Jul. 12-16, 9:00 am-12:15 pm. **\$25**

Students will focus on forestry, soil, aquatics, and wildlife, with outdoor explorations assigned for afternoons. Accommodations available.

Register: <https://www.fairfaxcounty.gov/soil-water-conservation/youth-conservation-camp> <https://docs.google.com/forms/d/e/1FAIpQLSf68u4gW7Jozlxgu07g2vDePW6yAOhoH93nZfKZrjQiQxY-Kw/viewform>

Revive Training

April 1, 9, 12, 17, 20, 28 at various times

REVIVE! is a program that makes naloxone available to lay people so they can recognize and respond to opioid overdose emergencies.

Information: www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive

Autism in Black Virtual Conference

Thu. Apr. 1, 6-8 pm & Fri.-Sun. Apr. 1-4, 9 am-4 pm **\$99-\$249**

A diverse group of speakers will address special education, parenting autistic children, and racial socialization, all within the context of the Black community.

<https://www.autisminblack.org/conference>

Health and Health Care in Autistic Children and Adults

Thu. Apr 1, 1-2 pm

This policy level presentation will highlight the many healthcare needs of autistic people that are complex and currently not adequately addressed.

Register: <https://register.gotowebinar.com/register/2607457053180007183?source=Eblast1>

Finding that Sweet Spot When Planning for Retirement of Three

Fri. Apr. 2, 10 am-noon

Gain direction and strategies to plan for retirement now by establishing good family communication, and both legal and financial plans.

Register: <https://thearcofnovatrust.org/event/fffp-finding-that-sweet-spot-when-planning-for-retirement-of-three/>

Virtual Morning at the Museum — Smithsonian Design Museum

Sat. Apr. 3, 10:30-11:30 am

This program for individuals with cognitive and sensory processing disabilities will introduce the design process and provide activities.

Register: [email CHAccess@si.edu](mailto:CHAccess@si.edu)

QPR Suicide Prevention Training

Mon. Apr. 5, 6:30-7:30 pm

Learn to recognize the warning signs, how to intervene, and where to refer someone who is in crisis. Question, Persuade, Refer = QPR

Register: <https://zoom.us/meeting/register/tJYqd-qorzspHdUy75LAvTMktHIUBm1PW7Gc>

Navigating the Teen and Tween Years — 7 week course

Tuesdays, Apr. 6 to May 18, 6-8 pm

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

Register: <https://www.eventbrite.com/e/navigating-the-tween-teen-years-virtual-series-registration-141017303551>

Construyendo y manteniendo familias fuertes

Mar. 6 abril, 6:30-8:00 pm

Aprenda estrategias y encuentre recursos para construir una familia más fuerte, superar los desafíos de la vida, y expandir la vida de sus hijos.

Registrarse: <https://docs.google.com/forms/d/e/1FAIpQLSdjAYFLvPIQcGvSwCnTdKzB5rTKqD1wkTUJk660Y6O6i5POIQ/viewform>

Instructional Practices: Science of Reading & Equity

Wed. Apr. 7, 6:00-7:10 pm

Learn about the success of various types of reading instruction for learners with different learning strengths.

Access: <https://www.lcps.org/Page/140009>

Practicas de Instrucción: La ciencia de la lectura y la equidad

Miér. 7 abr. 6:00-7:10 pm

Conozca el éxito de varios tipos de instrucción de lectura para estudiantes con diferentes fortalezas de aprendizaje.

Acceso: <https://www.lcps.org/Page/140009>

Women on the Spectrum: The Gender Voyage

Thu. Apr. 8, noon-1 pm

An artist and advocate speaks about her participation on multiple boards emphasizing disability issues and artistic expressions.

Register: <https://vcu.zoom.us/meeting/register/tJcvf-uvqDgoH9whRaCnWWwjNfNrZ86Jmkms>

When the Bus Stops Coming

Thu. Apr. 8, 6-8 pm

Planning for "after high school" should happen now for students who will need ongoing support upon exiting school.

Register: https://docs.google.com/forms/d/e/1FAIpQLSfAgzFkt9jlw71WbGylBOKWps4DGnN-f0rS_iNPj1dTqKQpiA/viewform

Cuando el Autobús Deja de Llegar

Jue. 8 abr. 6-8 pm

La planificación para "después de la escuela" comienza ahora para los estudiantes que necesitarán apoyo continuo al salir de la escuela.

Registrarse: <https://forms.gle/QirE1Q7biYw6qzhg7>

New Advances in Treating ADHD

Thu. Apr. 8, 7:30-8:45 pm

Learn how to maximize the effectiveness of a prescribed medication, while minimizing side effects. With Q & A.

Register: <https://www.eventbrite.com/e/new-advances-in-treating-adhd-with-dr-alan-wachtel-tickets-147194999205>

Skill, Not Will: The Collaborative Problem-Solving Approach

Fri. Apr. 9, 10:00-11:30 am

Learn about the Collaborative Problem-Solving Approach, which identifies and solves skill deficits to help kids with challenging behaviors.

Register: https://docs.google.com/forms/d/e/1FAIpQLSeDx3HDm_H_F5nhphHel16j9ABZdsaCs044vP-oy4cM_XPW9Q/viewform?utm_name=

Recognizing Signs of Youth Drug Abuse

Sat. Apr. 10, 10:00-10:45 am

Learn how you can help identify the signs of potential drug misuse and where to find help for our kids.

Register: <https://dea-meet.webex.com/dea-meet/onstage/g.php?MTID=e75aba49865cd5c4b0e4a40dfad09d9ad>

College Steps Admissions and Q& A Panel

Tue. Apr. 13, noon-1 pm

Learn about this program which provides customized support for college students with social or learning challenges.

Register: https://www.eventbrite.com/e/college-steps-admissions-and-qa-panel-2021-nova-tickets-141997019909?aff=2021NOVACSEblast&mc_cid=d59295cedd&mc_eid=e089fc4093

Las vacunas COVID-19 y el proceso de vacunación en el condado de Fairfax

Mar. 13 abril, 6:30-7:30 pm

Conozca cómo funcionan las vacunas, su seguridad, quién es elegible, y cómo registrarse.

Registrarse: <https://docs.google.com/forms/d/e/1FAIpQLSfxmYm59sQyOWw aWKhDpQPMNkCEkYHtgYvSAJYzf4BBIZwjKg/viewform>

Recognizing Signs of Youth Drug Abuse

Wed. April 14, 11:00-11:45 am

Learn how you can help identify the signs of potential drug misuse and where to find help for our kids.

Register: <https://dea-meet.webex.com/dea-meet/onstage/g.php?MTID=eee9b764c8bb36f6f1a7e77c1a8aa78cc>

Fostering Independence and Self-Advocacy in Your Child: Now and For Life After High School

Wed. Apr. 14, 7:00-8:30 pm **\$10**

Learn ways to promote your child's independence, self advocacy, and self-reliance in preparation for after high school.

Register: <https://thesycamoreschoolva.org/events/jen-corts-talk-on-having-meaningful-conversations-about-difficult-topics-2/>

Collaborative and Proactive Solutions — 1 or 2 Day Virtual Training

Thu.-Fri. Apr. 15-16, 9:35 am-5:15 pm. **\$99-\$159**

Direct teaching, 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/>

In the Trenches Training for Military Connected Families

Sat. Apr. 17-26, self paced training with live event Thu. Apr. 22, 7 pm

Learn about special education in Virginia, transition to adulthood, working with schools, and other topics related to disability services.

Register: <https://www.eventbrite.com/e/in-the-trenches-for-military-connected-families-april-2021-registration-141611597099>

FCPS Special Education Conference

Sat. Apr. 17, 9 am-2 pm

Guest speakers and FCPS staff presentations, along with Sibshops for students in grades 7-12, and a student strand for youth ages 14-22.

Register: <https://www.fcps.edu/academics/academic-overview/special-education-instruction/special-education-conference-2021?>

Spring Forward Family Fun

Sat. Apr. 17, 9:30-11:00 am

Families formed by adoption, foster care, and kinship will enjoy separate virtual activities for children (ages 5-12), teens, and adults, and a raffle.

Register: <https://formedfamiliesforward.org/event/spring-forward-2021-digital-edition-foster-adoptive-and-kinship-family-event/>

Teen Adoptee 6-Week Support Group

Saturdays, Apr. 17 to May 22, 10:00-11:30 am

Therapists will moderate this safe space for teens in grades 10-12 to share feelings about their adoption and explore their identity.

Register: <https://store.adoptionsupport.org/product/TEENGROUP-Spring2021-10-12/virtual-teen-identity-group-registration-spring-2021-10-12>

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

Sun. Apr. 18, 4-6 pm, Via Zoom

This program teaches care-giving adults about depression, demystifies treatment, and encourages those who are struggling to seek help.

Register: <https://ncacmts04182021.attendase.com>

COVID-19 Vaccines and the Vaccination Process in Fairfax County

Tue. Apr. 20, 6:30-7:30 pm

Learn about the vaccines, their safety and how effective they are, what herd immunity is, and the vaccination process, including how to register.

Register: https://docs.google.com/forms/d/e/1FAIpQLSe6qbwxgzF5hD00tpCZqbL6pAWWxUc4Nu_C0Ltjd0ZSck7Bvw/viewform?utm_name=

Introduction to Autism and ABA

Wed. Apr. 21, 2:00 pm

Learn about the behavioral characteristics of autism, the universal functions of behavior, and the process of applied behavior analysis (ABA).

Register: https://us02web.zoom.us/webinar/register/WN_nWStwoddQiqhowglObx-YQ

Reconociendo los signos del abuso de drogas entre los jóvenes

Mier. 21 abr. 6:00-6:45 pm

Aprender como tu puedes ayudar a identificar señales de abuso de drogas y como encontrar ayuda para nuestros niños

Registrarse: <https://dea-meet.webex.com/dea-meet/onstage/g.php?MTID=ef545cd04b81165b0be4f21c939811f6b>

Transition Lunch & Learn

Wed. Apr. 21, noon-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/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

Youth Mental Health First Aid — Course for Adults

Thu. Apr. 22, 9:00 am-3:30 pm **\$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/hocode/ereg/Registration.aspx?groupID=47>

Minimizing Prompts and Maximizing Your Child's Independence

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

Parents/guardians will receive an overview of prompting and self-monitoring, followed by a review of strategies to increase student independence.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSfPw0s2d9nCavG8jQmMtuPALy8nP17dBGT06IVmyqL8Eb2BgQ/viewform?>

Keys to Successful Transition Planning

Thu. Apr. 22, noon

Keeping the student with autism at the center of transition planning is one of the “keys” to its success.

Register: <https://vcu.zoom.us/meeting/register/tJlpc-6vqTwrHtQFwXoFvHCGHlw0PeRtwPVn>

The ADA: Supporting Inclusion for Employees

Thu. Apr. 22, 2:00-2:15 pm

Learn how the ADA protects employees, what reasonable accommodations are, and how to increase inclusion in the workplace.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/526>

Moving from Surviving to Thriving: Restoring Resilience in Yourself and Your Family

Apr. 24, 25, 29, 30 & May 1, times vary

This Leadership Summit is focused on mental health and will promote **parent and youth** voice through training and networking.

Register: <http://events.r20.constantcontact.com/register/event?oeidk=a07ehnrt5t48561f8d5&llr=9jhggocab>

Latinx Outreach Summit 2021

Sat. Apr. 24, 10:00 am

Las familias y los profesionales se reunirán para comprender mejor la educación especial, la diversidad, y la cultura, y para enfocarse en los desafíos de nuestra comunidad.

Registrarse: <https://bit.ly/2NGik40>

ADHD, Executive Function, and The Art of Getting Kids to Listen

Wed. Apr. 28, 7:00 pm with replay link

Learn to use reflective listening, open questions, and modeling to help children open up, consider their thinking and choices, and improve their relationships.

Register: <https://chadd.org/webinars/adhd-executive-function-and-the-art-of-getting-kids-to-listen/>

Ins and Outs of IEPs

Thu. Apr 29, 11:30 am

Gain practical advice on how to participate in IEP meetings, from preplanning, to working together during the meeting, and monitoring outcomes afterward.

Register: https://us02web.zoom.us/webinar/register/WN_QY9UVMWLTCeOjx4mp3jhpw

Preparing for Post-HS Employment and the Benefits of Early Employment Experiences

Thu. Apr. 29, noon

Learn how early employment experiences can empower students with autism to enter the workforce.

Register: <https://vcu.zoom.us/meeting/register/tJ0ocO-rpj4rGdzNyoaGbkLcMGj9bLD8sQmR>

Equity in ADHD Care: Strategies for Improving Diagnosis and Treatment Among Black and Latinx Children — *for Clinicians*

Thu. Apr. 29, 1 pm, with replay link

The presentation will address diagnostic and treatment disparities and how the needs of families can be met to achieve equity in ADHD care.

Register: <https://www.additudemag.com/webinar/racism-in-healthcare-adhd/>

***Plan Ahead* — Reality Check Driver Safety Program at INOVA**

Mondays, May 10, 17 & 24, 7-8 pm

This 3 hr. safe driver and injury prevention program focuses on reducing teen distracted driving, reckless driving, and driving under the influence.

Register: Linda.Watkins@inova.org or 703-776-3259 <https://www.inova.org/our-services/trauma-centers/community-outreach/reality-check>

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 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.Monnieg@thearcofnova.org](mailto:email.Diane.Monnieg@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

Teen Adoptee 6-Week Support Group meets Tuesdays, Mar. 2 to Apr. 4, 4:30-6:00 pm, and is led by adoption competent therapists. Register: <https://store.adoptionsupport.org/product/TEENGROUP-Spring2021/virtual-teen-identity-group-registration-spring-2021?>

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

AAC Parent Group meets occasionally on Saturdays. Contact: Amanda amandam@skillbuildersllc.com or 703-941-7757 ext. 316

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

• **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>

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, and it is facilitated by professionals. Register: <https://www.eventbrite.com/e/2020-21-stronger-together-peer-support-groups-tickets-119246035101?>