

May 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

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

Mon. May 10, 17, & 24, 7-8 pm

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

Info: <https://www.inova.org/our-services/trauma-centers/community-outreach/reality-check>

Plan Ahead — **Teen Adoptee 6-Week Support Group**

Mondays, May 17 to Jun. 28, 6:30-8:00 pm

Adoption competent therapists will moderate this safe space for teens in grades 8-11 to share feelings about their adoption and explore their identity.

Register: <https://store.adoptionssupport.org/product/TEENGROUP-Spring2021-8-11/virtual-teen-identity-group-registration-spring-2021-8-11>

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

Mon. & Tue. May 24 & 25, 1:00-4:30 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>

Advocacy Symposium

Monday to Monday, May 3 to 10, 8 am

Learn about self-advocacy and how to positively support your children with disabilities including recent priorities.

Register: <https://www.eventbrite.com/e/advocacy-symposium-2021-registration-136451300513>

Healthy Strides Lunch & Learn Nutrition Series: Ages 12-18

Mon. May 3, noon

Learn from a dietician about the new [Dietary Guidelines for Americans](#). Bonus points if you have already reviewed the new guidelines!
Access: <https://fairfaxcounty-cpa.zoom.us/j/83757977860?pwd=QVVBeGgvYWl1eklzVklnSHF5V215dz09#success>

Disability Benefits: Medicaid Waiver and SSI

Mon. May 3, 6 pm

Learn about the disability benefits for which your child may qualify either now or in the future, including eligibility and how to apply.

Register: https://us02web.zoom.us/webinar/register/WN_HT-2aFAFT0WkA1qhzjzIEA

Mọi điều bạn muốn biết về COVID-19: Cập nhật về sức khỏe và vắc xin

Ngày 4 tháng 5 năm, 6:30-7:30 pm

Tìm hiểu về các loại vắc xin, tính an toàn và hiệu quả của chúng, khả năng miễn dịch của đàn là gì và quy trình tiêm phòng, bao gồm cả cách đăng ký.

Đăng

ký: https://docs.google.com/forms/d/e/1FAIpQLSd_W1VsLKuePMtP3n5dVBB_y_d-lf6vCwaFVNxaigEoORS3IYA/viewform

Executive Functions: What Are They and Why Are They Important?

Wed. May 5, 7:00-8:30 pm

Register: https://us02web.zoom.us/meeting/register/tZcocu-vqDsuHNWjwGoi5JV2isnHEc_XvHPF

Autism and the Black Family

Thu. May 6, noon-1 pm

A Black mental health worker with an autistic child will discuss the challenges of parenting children with disabilities in the Black community.

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

Discipline with a Twist: How to Manage Challenging Behavior Problems in Children & Teens with ADHD

Thu. May 6, 1 pm, with replay link

Learn to solve behavior problems by understanding their origin, effective ways to prevent them, changing the environment, and increasing compassion.

Register: https://goto.webcasts.com/starthere.jsp?ei=1429090&tp_key=c1c2cb7509

Family Partnerships with Social-Emotional Learning (SEL)

Thu. May 6, 6:30-7:30 pm

Learn how SEL enhances students' ability to apply skills, attitudes, and behaviors to manage daily tasks and challenges in school and in life.

Register: https://docs.google.com/forms/d/e/1FAIpQLSc3NGp5Tv9k84_75jE1P4lVtk3hZRIM5dDyluoqTU43pBN33A/viewform

Turning 18 in Virginia: What Individuals with Disabilities Need to Consider

Thu. May 6, 7 pm

An 18-year old is legally an adult. Parents can learn how to plan ahead for this important transition.

Register: https://us02web.zoom.us/webinar/register/WN_yrkR1ZrWRg-pwx3DqeqtxQ

REVIVE! Training

May 6, 14, 17, 22, & 25 at various times

Learn what to do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies may be provided.

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

The "How To" Guide to Building Growth Mindsets

Fri. May 7, 9-10 am

Learn how to emphasize growth over product, build resilience and perseverance, and respond to mistakes and frustration.

Register: <https://www.eventbrite.com/e/the-how-to-guide-to-building-growth-mindsets-tickets-151542155667>

Supporting Your Child's Wellness Through Health and Physical Education

Fri. May 7, 10:00-11:30 am

Learn about the K-12 Health and PE program, how to engage reluctant children, and healthy choices you can encourage throughout the summer.

Register: https://docs.google.com/forms/d/e/1FAIpQLSdj-UOXrFnHaFuyX5FfNjE5ai_mJ10LqykSekDe1WT-XvyOlw/viewform

Disbursing from Your Special Needs Trust

Fri. May 7, 10 am-noon

Learn some specifics about using a special needs trust to enhance your child's quality of life, while keeping them eligible for government benefits.

Register: https://zoom.us/webinar/register/WN_4y8ByTSwQtSM_zj98ebucQ

Reality Check Driver Safety Program at INOVA

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

Info: <https://www.inova.org/our-services/trauma-centers/community-outreach/reality-check>

Fairfax 카운티의 COVID-19 백신 및 예방 접종 프로세스

년 5 월 11 일 오후 6:30-7:30

등록 방법을 포함하여 백신, 백신의 안전성 및 효과, 가축 면역력, 백신 접종 과정에 대해 알아보십시오.

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레지스터: https://docs.google.com/forms/d/e/1FAIpQLSeWxfw4bKwuixFXHW_St1mu8qZnrDHtp3KWKqD04UlioP6tEA/viewform?utm_name=

The Basics of Supported Decision Making

Thu. May 13, 10-11 am

Learn about supported decision making to allow someone with a disability to form a team of trusted supporters to help them identify and navigate life choices.

Register: https://zoom.us/webinar/register/WN_aFwqcVsYSJOLTN5uIVDjyg

An Overview of COVID Recovery, Compensatory Education, and Extended School Year Services

Thu. May 13, 6:30 pm

Learn about recovery, compensatory, and extended year services and advocacy strategies to request them.

Register: https://us02web.zoom.us/webinar/register/WN_033DrVdKStmZvHWasB1FDw

What's Next? Planning Transitions Through and After High School

Thu, May 13, 7-8 pm

For those who are or have been in foster care, planning for after high school should start now. Learn who should do what and tips for a smoother process.

Register: <https://register.gotowebinar.com/register/6055581593200711438>

Hope Restored: Conversations on Mental Health

Sat. May 15, 10 am-noon

A keynote presentation followed by breakout sessions will focus on skills and resources to make mental health a part of everyday life.

Access: <https://zoom.us/j/93046996625>

Teen Adoptee 6-Week Support Group

Mondays, May 17 to Jun. 28, 6:30-8:00 pm

Adoption competent therapists will moderate this safe space for teens in grades 8-11 to share feelings about their adoption and explore their identity.

Register: <https://store.adoptionssupport.org/product/TEENGROUP-Spring2021-8-11/virtual-teen-identity-group-registration-spring-2021-8-11>

و عملية التطعيم في مقاطعة فيرفاكس: ندوة عبر الإنترنت للعائلات COVID-19 لقاحات

Tue. May 18, 2:00-2:45 pm

Register: <https://vcurrtc.org/registration/webcast/index.cfm?webcastID=534>

و عملية التطعيم في مقاطعة فيرفاكس COVID-19 لقاحات

الثلاثاء 18 مايو 6:30 - 7:30 مساءً

تعرف على اللقاحات ، وسلامتها ومدى فعاليتها ، وما هي مناعة القطيع ، وعملية التطعيم ، بما في ذلك كيفية ا
لتسجيل.

taearaf ealaa allqahat , wasalamatuha wamadaa faeealiatiha , wama hi
manaeat alqatie , waeamaliat altateim , bima fi dhalik kayfiat altasjil.

vasjl: https://docs.google.com/forms/d/e/1FAIpQLSeZnvo2JOOJpaWyCtrlc5MXEoY2F6FtgiVDWvr_NPOfFS6Jpg/viewform

Behavior Summit

Wed. & Thu. May 19 & 20, extended access on May 21 & 22

Learn about the science of behavior, functional behavior assessments, behavior intervention plans, and the relation of behavior to social skills.

Register: <https://www.eventbrite.com/e/behavior-summit-for-parents-of-children-with-disabilities-in-virginia-2021-registration-136470455807>

Transition Lunch & Learn

Wed. May.19, 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/tJcqcOuurjsiHtHPVysnNwEhc3ZXUUZsrn_A

The Explosive Child: From Control to Problem Solving

Wed. May 19, noon-3:30 pm. **\$40-\$75**

Learn about the Collaborative and Proactive Solutions process, its refinements over the past 10 years, and its use in diverse settings.

Register: <https://www.eventbrite.com/e/the-explosive-child-from-control-to-problem-solving-with-dr-ross-greene-tickets-147685977735>

Youth Mental Health First Aid — Course for Adults

Mon. & Tue. May 24 & 25, 1:00-4:30 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/hscodereg/Registration.aspx?groupID=47>

The Missed Diagnosis: ADHD and Asperger Syndrome in Smart Kids and Adults

Wed. May 26, 1 pm, with replay link

This webinar will focus on inattentive ADHD, symptoms of Asperger syndrome, and the use of didactic therapy for treating Asperger syndrome.

Register: https://goto.webcasts.com/starthere.jsp?ei=1448270&tp_key=a7fd0a027f

Parent to Parent: Surviving and Thriving During a Second COVID-19 Summer

Thu. May 27, 10:00-11:30 am OR 6:30-8:00 pm

Make connections with other parents while discussing self-care for kids, navigating decisions amid uncertainty, and planning for family fun.

Register: https://docs.google.com/forms/d/e/1FAIpQLSfnHgsoAlbivTrHrZULqNvihFGB0nPmj_U2BOVNVjI7cZdPCQ/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.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

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

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](https://www.facebook.com/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, May 4 & 18. 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?>