

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

Learning Your Way — Special Education 101

Online self-paced course available until July 1

Three hours of content for foster, adoptive, and kinship families on special education including referral, eligibility, education plans, and transitions.

Register before Jun. 12: <https://formedfamiliesforward.org/event/register-for-learning-your-way-online-course/>

Transition Lunch & Learn

Wed. Jun. 2, 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/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

Make a Summer Comeback: How Students with ADHD Can Regain Lost Academic Ground and Have Fun

Wed. Jun. 2, 1 pm, with replay link

Gain ideas on how to find fun interactive activities that you can integrate into a predictable schedule of math, reading, and writing.

Register: https://goto.webcasts.com/starthere.jsp?ei=1434691&tp_key=d5b0803ec7

REVIVE! Training

Jun. 2, 10, 12, 16, 21 & 29 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

ADHD Meds for Children and Adolescents

Thursdays, Jun. 3, 10, & 17, 7-8 pm, plus Video Course **\$50-\$200**

Learn when, why, and how to do medication trials, how to manage side effects, and how to deal with uneven medication coverage.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ehyy7k4r24cb7453&oseq=&c=&ch=>

Who Let the ANTS Out? Managing Anxiety and Negative Thoughts

Fri. Jun. 4, 10:00-11:30 am

Learn about anxiety, Automatic Negative Thoughts (ANTs), cognitive therapy, and directive play interventions for children and adolescents.

Register: <https://us02web.zoom.us/meeting/register/tZcuce2spzsoGtRA6ZC4OJLaUk1ZE7OyPWPz>

Talk Saves Lives — In Spanish

Una introducción a la prevención del suicidio

Dom. 6 Jun. 4-5 pm

Aprenda sobre la prevención del suicidio, incluidos los factores de riesgo, las señales de advertencia y cómo mantenerse a salvo.

Regístrese: <https://ncactsl06062021.attendase.com/register/registration/form>

Youth Mental Health First Aid — Course for Adults

Tue. Jun. 8, 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/hscodereg/Registration.aspx?groupID=47>

Diagnosing and Treating Eating Disorders in Children and Adults with ADHD

Tue. Jun. 8, 1 pm

Learn about the features of several eating disorders, what predisposes those with ADHD to develop these problems, and recommended treatments.

Register: <https://www.additudemag.com/webinar/eating-disorders-diagnosing-treating/>

ADHD: A Woman's Journey from the Teen Years Through Adulthood

Tue. Jun. 8, 7:00-8:30 pm

Learn about ADHD in women, including symptoms, treatments, and the influence of hormonal fluctuations and/or coexisting conditions.

Register: <https://www.eventbrite.com/e/adhd-a-womans-journey-from-the-teen-years-through-adulthood-tickets-154049561385>

Introduction to Autism — in Spanish

Introducción al Autismo

Mier. 9 de Jun. 10-11 am

Aprenda qué es el autismo, las características comunes asociadas con el autismo y los tratamientos que se han probado y se ha demostrado que funcionan.

Registrarse: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ehz93dai796eff4a&oseq=&c=&ch=>

Teach Your Child How to Set Goals and Manage Time

Wed. Jun. 9, 7-8 pm, with replay link

Learn seven interactive, fun ways to teach your child how to set goals and manage time this summer.

Register; <https://register.gotowebinar.com/register/488990619226394379>

Encourage Better Organization at Home

Jun. 10, noon-1 pm, with replay link

Consider organizing your children, family, and home with simple fun tips to help everyone to participate in keeping it that way.

Register: <https://register.gotowebinar.com/register/2341568755981985547>

Introduction to Supporting Those At Risk

Thu. Jun. 10, 7-8 pm

Gain information and resources on how to support someone in your life who had suicidal thoughts and/or a past suicide attempt.

Register: <https://afspncacstar06102021.attendease.com>

Ready to Resolve? Collaborative Problem Solving with Agency Partners

Thu. Jun. 10, 7-8 pm

Gain new strategies and share yours for communicating and problem solving with schools, social service agencies, mental health providers and other partners.

Register: <https://attendee.gotowebinar.com/register/3034231392211795470>

Teach Your Child Financial Responsibility

Fri. Jun. 11, 3-4 pm with replay link

Learn how to prepare your child with ADHD for living independently, avoiding pitfalls to which ADHD might otherwise lead.

Register: <https://register.gotowebinar.com/register/8478109176961724427>

Transition Lunch & Learn

Wed. 16 Jun. 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/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

Complex ADHD: The New Approach to Understanding, Diagnosing, and Treating Co-Morbidities in Concert

Tue. Jun. 22, 1 pm

Learn about other conditions that are common with ADHD, helpful rating scales and screeners, and strategies to improve daily life.

Register; <https://www.additudemag.com/webinar/complex-adhd-comorbid-depression-anxiety-odd/>

Do I Have To Talk to My Parents? ADHD, Adulting, and Conversations that Help, Not Hurt — *For Teens with ADHD*

Thu. Jun. 24, 6 pm

Consider taking an active role in talks with parents to make the conversations less stressful and as productive as possible.

Register: <https://register.gotowebinar.com/register/1045070823817402638>

Parent Institute — in Spanish

Instituto de padres 2021

Jue. & vie. 17 & 18 de jun. 9 am-medioidia

Se invita a los padres que son nuevos en el proceso de educación especial a reunirse, colaborar, crecer y aprender juntos.

Registrarse: <https://bit.ly/31U9bbI>

Stress Management for Families of Children with Autism — in Spanish **Manejo del estrés en la familia del niño y niña con autismo**

Mier. 30 de Jun. 10-11 am

Aprenda sobre el estrés, sus causas comunes, cómo nos afecta y cómo reducir el estrés de maneras útiles.

Registrarse: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ehz8ocsb8355cc17&oseq=&c=&ch=>

Transition Lunch & Learn

Wed. Jun. 30, 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

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

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
- **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 gubuzby@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

Formed Families Together consists of monthly peer support groups for adoptive, kinship, and foster caregivers and parents.
Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

Virtual support group meets the 1st Sunday evening monthly.

In-Person support group meets the 3rd Wednesday evening monthly.

Chat Group for Latino Parents — in Spanish

Grupo de Chat para Padres: Unete a nuestro **Grupo de chat** mediante la aplicación de WhatsApp y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al Group: <https://bit.ly/2VoU2vw>

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 mzero@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