

July 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

Mental Wellness Consultations this Summer

June 28 to August 6

Parents of students, and middle school or high school students may have a 45-min consultation by phone or online video with a school psychologist or social worker.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSdJNWdceDJaPb53GLi1mMkwZmK6bUFkxe1cF3j6AhAxmLgICQ/viewform> or leave a message at 571-423-4276

Special Needs Trusts & ABLE Accounts

Fri. Jul. 2, 10 am-noon

Explore ways to plan for your child's long term financial security, steps to carry out your plan, and options to minimize taxes.

Register: <https://thearcofnovatrust.org/event/fffp-special-needs-trusts-able-accounts/>

Inattentive ADHD: Why ADD is Misdiagnosed and the Best Ways to Treat It

Thu. Jul. 8, 1 pm, with replay link

Learn how inattentive ADHD is diagnosed, why it has nothing to do with IQ, why it is often missed, and how to effectively treat it.

Register: https://goto.webcasts.com/starthere.jsp?ei=1471203&tp_key=df7e70fca4

Building Strong Families and Competent Kids

Sat. Jul. 10, 10-11 am

This workshop will focus on the families of children with autism spectrum disorder (ASD).

Join Zoom Meeting at <https://us02web.zoom.us/j/9466001682> Meeting ID: 946 600 1682

The Basics of the Medicaid Waiver

Tue. Jul. 13, 10 am

Find out about waivers for people with disabilities, the services they provide, how to apply, and tips on dealing with waiting lists.

Register: https://zoom.us/webinar/register/WN_q1oJfec9SCO03OareQYGNQ

Ten Things to Consider Before Moving to Virginia with a Developmental Disability

Tue. Jul. 13, noon

This information is also helpful for people moving within Virginia, or people thinking of leaving Virginia and moving to another state.

Register: https://zoom.us/webinar/register/WN_XcRBTjznTRigtUl9Y2TsSQ

Transition Lunch & Learn

Wed. Jul. 14, noon-1:30 pm

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

Register: https://zoom.us/meeting/register/tJcqcOuurjsiHtHPVysnNwEhc3ZXUUZsmn_A

9 Ways to Prime Your Child for a Positive School Year

Thu. Jul. 15, 1 pm, with replay link

Gain specific steps you can take now to make this coming school year more productive for your student.

Register: <https://www.additudemag.com/webinar/return-to-school-preparation/>

Motivating Your Child with ADHD: What Ignites Interest in and Energy for Learning

Tue. Jul. 20, 1 pm, with replay option

Explore what sparks kids' interest, what keeps them motivated, and how to help them get into gear more easily and more often.

Register: <https://www.additudemag.com/webinar/motivation-learning-adhd-students/>

WAZE to Adulthood — *For students ages 12-22*

Four date & time choices between July 22 & 26

Learn to use your self advocacy skills to plan for the future you want for yourself

Register: <https://www.eventbrite.com/e/waze-to-adulthood-students-tickets-156290815035>

The Truth About Underage Drinking

Thu. Jul. 22, 6:00-7:30 pm

Learn all sorts of things about underage drinking so that you can know what to watch for and help your teens to steer clear of.

Register: <http://bit.ly/FPC-07-22>

A Parent's Guide: School Discipline and the Juvenile Legal System — 5 class series

Thu. Jul. 22, 6:30-7:30 pm

If your child gets in trouble at school, learn now about the school-to-prison pipeline and what you need to know to advocate for your child.

Register: https://us02web.zoom.us/webinar/register/WN_2U9hPpSsQlikbD35XtnVmg

Talk Saves Lives — In Spanish

Una introducción a la prevención del suicidio

Jue. 22 de jul. 7-8 pm

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

Regístrese: <https://ncactsl07222021.attendase.com/register/registration/form>

Youth Mental Health First Aid — Course for Adults

Sat. Jul. 24, 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>

More Than Sad: Teen Depression — Presentation for Adults

Sun. Jul. 25, 4-5 pm

This program teaches care-giving adults about depression, demystifies treatment, and encourages families to seek help.

Register: <https://ncacmts07252021.attendase.com>

Screen-Savvy Parenting

Tue. Jul. 27, 7-8 pm

Learn about the different kinds of screen time, the pros and cons of screen time, and rules that support family relationship building.

Register: <https://www.eventbrite.com/e/screen-savvy-parenting-tickets-156731577367>

Transition Lunch & Learn

Wed. Jul.28, 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

Building Work-Based Learning Opportunities in the Home, School, and Community

Wed. Jul. 28, 2:00-2:45 pm

Learn about the benefits of work-based learning for students with disabilities, especially those that build independence and employment skills.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/531>

Family Ties: Managing and Advocating for Your Child with ADHD in the Extended Family

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

Gain ideas on how to develop coping strategies for events with extended family and strategies for improving problematic patterns.

Register: <https://www.additudemag.com/webinar/adhd-disagreements-grandparents-extended-family/>

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 should be confirmed.

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:Diane.Monnieg@thearcofnova.org)

Youth Empowerment Transition Council, for youth with disabilities ages 14-22, meets on the 2nd Monday of the month to advise PEATC and build advocacy and leadership skills. Contact: kwormley@peatc.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

Formed Families Together are 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>

Support Group for Spanish Speaking Parents— in Spanish

Grupo de Educación y Apoyo a Padres en Española se reúne el cuarto sábado de cada mes, de 10 a 11 a.m. en Zoom en <https://us02web.zoom.us/j/9466001682> ID de reunión: 946 600 1682

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