

September Parent Information Relating to Special Education

All these opportunities are **FREE** unless noted.

In most cases **you must register** if registration information is provided.

When other events become available they will be posted at:

<https://fairfaxcountysepta.org/upcoming-community-events/>

The **Parent Resource Center** is now making PRC packs on frequently requested topics. Request yours, which will have

- 2-3 books for a caregiver
- 1-2 books for a child
- 1 resource guide with a list of ebooks & free webinars
- a tote bag for easy return at any FCPS school

Plan Ahead — **Dad's Parenting Group** — *12 session course*

Wednesdays, Sep. 8 to Nov. 30, 6:00-8:30 pm

Focuses on five characteristics all fathers need to be effective dads: self-awareness; self-care; fathering, parenting, and relationship skills.

Registration: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement>

Plan ahead — *Dad's Parenting Group* — **in Spanish**

Planifique con anticipación—**Grupo de padres de papá** — *curso de 12 sesiones*

Martes, 7 de sep. a 30 de nov., 6:00-8:30 pm

Se centra en 5 características que todo padre necesita para ser un padre eficaz: autoconciencia; autocuidado; habilidades de paternidad, paternidad y relación.

Registrarse: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement>

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

Mon. Sep. 13, 20, & 27, 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. Sep. 13, 20, & 27

Register: <https://www.surveymonkey.com/r/RealityCheckSep2021>

Plan Ahead — **Nurturing Parenting**

Wednesdays, Sep. 15 to Nov. 3, 6-8 pm via Zoom

Parents of children, age 0-11, will be supported in stress management, family rules, child self-esteem, and child development.

Register: <https://a109092.socialsolutionsportal.com/apricot-intake/e8afd273-4daa-4525-a1f1-b8ee33528344>

Nurturing Parenting — In Spanish

Planifica con anticipación — Nutrir la crianza de los hijos

Miércoles, 15 de sep. a 3 de nov., 6-8 pm, a través de Zoom

Los padres de niños (0-11 años) recibirán apoyo en el manejo del estrés, las reglas familiares, la autoestima infantil, y el desarrollo infantil.

Registrarse: <https://a109092.socialsolutionsportal.com/apricot-intake/f930629a-b354-4d1c-bd00-0c82325e7fa2>

Strengthening Families 10-14 in Spanish

Planifica con anticipación — Fortalecimiento de las familias — Para padres y jóvenes de 10 a 14 años

Jueves, 23 de sep. a 11 de nov., 6-7 pm para los padres; martes, 28 de sep. a 16 de nov., 5:30-6:30 pm para jóvenes y 6:30-7:30 pm para los padres y jóvenes

Fortalezca su vínculo familiar con proyectos, juegos y discusiones sobre el estrés familiar, el consumo de tabaco y la presión de los compañeros.

Registrarse: <https://a109092.socialsolutionsportal.com/apricot-intake/f930629a-b354-4d1c-bd00-0c82325e7fa2>

***Plan Ahead — Transition Series 2021* \$50 per family**

Sat. Sep. 25, & Oct. 23, 8:30 am to 3:00 pm, Marymount Univ. Arlington

A course to educate and empower families and individuals with disabilities transitioning from high school to community-based services for adults.

Register: <https://thearcofnova.org/programs/transition-series/>

REVIVE! Training

Sep. 2, 10, 13, 21, 25, & 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

Kids in Court: An Overview of the Juvenile Legal System

Thu. Sep. 2, 6:30-7:30 pm

If your child often gets in trouble at school, learn now about the school-to-prison pipeline and the rights of children in the juvenile legal system.

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

Family F.I.R.S.T. Parent to Parent Support

Fri. Sep. 3, noon-12:45 pm, Gum Spring Library 24600 Millstream Dr. Stone Ridge

Meet other caregivers, share experiences, and participate in a discussion on life with an autistic child.

Register: <https://autismfirstus.com/events/>

Dad's Parenting Group — in Spanish

Grupo de padres de papá — curso de 12 sesiones

Martes, 7 de sep a 30 de nov., 6:00-8:30 pm

Se centra en cinco características que todo padre necesita para ser un padre eficaz: autoconciencia, autocuidado, habilidades de paternidad, paternidad, y relación.

Registrarse: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement>

Dad's Parenting Group — 12 session course

Wednesdays, Sep. 8 to Nov. 30, 6:00-8:30 pm

Focuses on five characteristics all fathers need to be effective dads: self-awareness, self-care, fathering, parenting, and relationship skills.

Registration: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement>

Help for (College) Students with ADHD: A Parent's Guide to Improving Outcomes

Thu. Sep. 9, 1 pm

When your child is in high school, learn how to prepare them to access services and accommodations at college.

Register: <https://www.additudemag.com/webinar/college-students-with-adhd-outcomes/>

How to Improve Your Child's Executive Functioning Skills

Sep. 9, 6:30-8:00 pm OR Sep.10,10:00-11:30 am

Learn how to guide your child in using practical strategies and apps to manage school work, and when to leave things up to them.

Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

Medicaid Planning for Parents

Fri. Sep.10, 10 am-noon

Start early in planning for Medicaid and long term care including eligibility, how to navigate the process, and the pitfalls to avoid.

Register: https://zoom.us/webinar/register/WN_MrdTF_ijT06OgzbhNy0jHQ

Youth Mental Health First Aid — Course for Adults

Sat. Sep.11, 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>

Reality Check Driver Safety Program at INOVA

Mon. Sep. 13, 20, & 27, 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.

Register: <https://www.surveymonkey.com/r/RealityCheckSep2021>

Letter of Intent (LOI) Workshop

Wed. Sep. 15, 1-2 pm

Learn how a LOI can be used as part of the planning process to communicate your concerns, and caregiving instructions to future caregivers,

Register: email Carey at: calford@financialguide.com

Talk Saves Lives: An Introduction to Suicide Prevention

Wed. Sep. 15, 7-8 pm

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

Register: <https://ncaactsl09152021.attendease.com>

Nurturing Parenting — For Parents of children ages 0-11

Wednesdays Sep. 15 to Nov. 3, 6-8 pm via Zoom

This program covers praise and empathy, family rules and expectations, stress management and child development.

Register: <https://a109092.socialsolutionsportal.com/apricot-intake/e8afd273-4daa-4525-a1f1-b8ee33528344>

Nurturing Parenting — in Spanish

Crianza cariñosa — para padres de niños de hasta 11 años

Miércoles, 15 de sep. a 3 de nov., 6-8 pm

Este programa de cubre el desarrollo infantil, elogios y empatía, reglas y expectativas familiares, y manejo del estrés.

Registrarse: <https://a109092.socialsolutionsportal.com/apricot-intake/f930629a-b354-4d1c-bd00-0c82325e7fa2>

Parenting Children of Color

Wednesdays, Sep. 15, Oct. 13, & Dec. 15 , 7-8 pm, via Zoom

Gather with other parents to discuss the unique issues in raising children of color with special needs. **\$20** per session

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eibojav79a6a9849&oseq=&c=&ch=>

Social Confidence: How to Help Students with ADHD Re-Acclimate to In-Person School & Friends

Thu. Sep.16,1 pm, with replay link

Recognize the signs of social anxiety and learn coaching skills to help children and teens to return to in-person school with confidence.

Register: <https://www.additudemag.com/webinar/social-anxiety-back-to-school/?>

"I still want to graduate": Education, Juvenile Detention, & Re-Entry

Thu. Sep. 16, 6:30 pm

Learn about education rights, with a focus on the special education of minors, in and then leaving juvenile detention to transition back to school.

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

Military-Connected Students and School Transition

Fri. Sep. 17, 10:00-11:30 am

Arriving, settling in, how to build an education binder, what to ask in parent-teacher conferences, and how to connect with other families.

Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

Let Me Introduce You to My Child with ADHD

Fri. Sep. 17, 3 pm, with replay link

Learn the importance of and specific how-to's for introducing your child's teacher to your child with ADHD early in the school year.

Register: <https://register.gotowebinar.com/rt/3684637604437236235>

The Power of Roles

Sat. Sep. 18, 10 am-4 pm **\$25**

Learn about the power of roles and how to encourage these in the life of an individual with an intellectual or developmental disability.

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

Keys to Independence Training — 4 session course for age 18+

Mon. & Thu. Sep. 20, 23, 27, & 30, 4:30-5:30 pm, live via Zoom

This training will show individuals with ID or DD, with their dedicated, active caregiver how to use apps for work, travel, and daily living.

Register: <https://thearcofnova.org/keys/#registration>

Common Challenges and Practical Strategies for Teens and Young Adults with ADHD

Wed. Sep. 22, 1 pm, with replay link

Emphasis will be on the symptoms and challenges of ADHD during adolescence, as well as the benefits of various interventions.

Register: <https://www.additudemag.com/webinar/adhd-in-teens-young-adults-problems-solutions/>

Strengthening Families 10-14 in Spanish

Fortaleciendo familias 10-14

Jueves, 23 de sep. a 11 de nov., 6-7 pm para padres; y martes, 28 de sep. a 16 de nov., 5:30-6:30 pm para los jóvenes y 6:30-7:30 pm para padres y los jóvenes.

Los padres y los jóvenes pueden fortalecer los lazos familiares a través de discusiones, juegos, juegos de rol, y proyectos familiares.

Registrarse: <https://a109092.socialsolutionsportal.com/apricot-intake/f930629a-b354-4d1c-bd00-0c82325e7fa2>

Screening — It's Real: College Students and Mental Health

Thu. Sep. 23, 7-8 pm

Learn about mental health issues of college students, and how these can be managed with specific treatments. Know when to seek help.

Register: <https://itsreal09232021.attendease.com>

5 Ways to Stop Anxiety, Power Struggles, & Behavior Issues

Thu. Sep. 23, 6:30-8:00 pm, OR Fri. Sep. 24, 10:00-11:30 am

Kirk Martin will show you how to lower family stress for mornings, school, dinner, and bedtime, improving focus, and impulse control.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSeSJxvRlf0fj9XdmrUoR5NjD5NrQEhovLmoadlSztXazdYMvg/viewform>

Supporting Your Child with ADHD at School

Fri. Sep. 24, 3 pm

Gain strategies for maintaining an ongoing relationship and communicating routinely with your child's teacher.

Register: <https://register.gotowebinar.com/rt/3684637604437236235>

UnSpoiled: How to Raise Independent Kids in an Over-Indulged Age

Sat. Sep. 25, 10-11 am

Learn the 7 secrets of self-sufficient thriving students, how any parent can learn to teach these skills, and every child can learn them.

Register: <https://www.mcleanschool.org/events/cecilys-advocacy-conference-2021/>

How to Raise Caring, Successful Kids in a Plugged-In, Trophy-Driven COVID-19 World

Sat. Sep. 25, 11:15 am-12:10 pm

Learn strategies to develop empathy and cultivate social and moral competence, growing the habits of self-control, and collaboration..

Register: <https://www.mcleanschool.org/events/cecilys-advocacy-conference-2021/>

Transition Series 2021 \$50 per family

Sat. Sep. 25, & Oct. 23, 8:30 am-3:00 pm, Marymount Univ. Arlington

A course to educate and empower families and individuals with ID transitioning from high school to community-based services for adults.

Register: <https://thearcofnova.org/programs/transition-series/>

***Plan Ahead* — Day Camp for Bereaved Families with Children Ages 5-18**

Sat. Oct 2, Point of Hope Family Camp, Lorton

A parent or guardian plus one or more children who have recently experienced the death of a parent or sibling are invited.

Register: <https://forms.office.com/r/d4iANa693q>

***Plan Ahead* — Parent Child Journey Discussion Group — 10 session series with free video course**

Early childhood parents: Mondays, Oct. 4 to Dec. 6, 7-8 pm

Middle childhood parents: Thursdays, Oct. 7 to Dec. 16, 7-8 pm

This course helps parents to identify the source of their child's challenging behavior and learn what they can do about it.

Register: <http://www.parentchildjourney.com/journey/> **\$100-\$350**

Plan Ahead — **Anxiety Management Parent Group** — 8 session series,
With 60 day access to video course

Tuesdays, Oct. 5 to Nov. 23, noon-1 pm **\$100-\$300**

Topics include diagnosis, cognitive-behavioral therapy, SPACE principles, parent accommodations and their reduction,

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ei7uu3ltd0d801ae&oseq=&c=&ch=>

Plan Ahead — **ADHD Management Parent Group** — 8 session series

Wednesdays, Oct. 6 to Nov. 24, noon-1 pm **\$100-\$300**

Discussion topics include medication, behavioral strategies and educational care. 60 days access to Dr. Dan's ADHD video course.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ei7upmfz1f99cbfb&oseq=&c=&ch=>

Ongoing and On Demand

Family Coaching — 8-12 week program

Work weekly one-on-one with a coach to identify individualized goals and create a targeted family plan.

Register: <https://a109092.socialsolutionsportal.com/apricot-intake/e8afd273-4daa-4525-a1f1-b8ee33528344>

Parent Child Journey Video Course

Content available for 6 months **\$100-\$350**

This course is to help parents of children to identify the source of their child's challenging behavior and learn what they can do about it.

Information: <http://www.parentchildjourney.com/journey/>

Fairfax County's Pre-Notification 9-1-1 Program

Enroll now in this new public safety program for individuals with disabilities.

Details & Registration: <https://www.fairfaxcounty.gov/911/emergency-health-profile>.

Special Education During a Pandemic

Learn what the laws specify that schools should provide, and how you can best support your child.

Access: <https://drroseann.com/special-education-during-a-pandemic/>

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/j8Gu8yhL54NjdEsQYzftg/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

Ongoing Community Support Groups for Youth & Parents

All these support groups are open to newcomers, 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 to be 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

S.L.A.M. (Share, Learn, Aspire, Mentor) for ages 16-24, meets the 3rd Thursday monthly, 6-8 pm. Contact: Melvin mroy@umfs.org

Stronger Together meets alternate Tuesdays, starting Oct. 5. This peer support group is for youth ages 14 – 22, and is facilitated by professionals. Register: <https://www.eventbrite.com/e/2020-21-stronger-together-peer-support-groups-tickets-119246035101?>

Youth & Young Adult Meet Up, for ages 14-18, meets the 2nd & 4th Thursday monthly, 6:30-8:00 pm. Contact: sfontaine@namivirginia.org or 804-285-8264 x 204

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 NoVA Support Group 2nd Saturday of the month, noon-1 pm via Zoom. <https://us02web.zoom.us/j/9466001682>; Meeting ID: 946 600 1682; One tap mobile (301) 715-8592

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: Susan, 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/a0179kbgrhbj1/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 F.I.R.S.T. Fridays Autism Support Group meets on the 1st Friday monthly, noon-12:45 at Gum Spring Library 24600 Millstream Dr. Stone Ridge

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.

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.)

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 online 6:30-8:00 pm the 2nd Wednesday of the month for those raising the children of relatives and friends. To attend, call 703-324-7720 or email 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
NAMI Family Support Group meets on the 1st and 3rd Wednesdays on Zoom for parents of children living with mental health challenges including ADHD, ASD, etc. <https://zoom.us/j/94509229914>

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. Register: <https://thearcofnova.org/jun-dates-for-virtual-parent-support-group-meetings/>

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, Oct. 5. This peer support group is for parents, caregivers and guardians of youth ages 14 – 22, and is facilitated by professionals. Register: <https://www.eventbrite.com/e/2020-21-stronger-together-peer-support-groups-tickets-119246035101?>