

October Parent Information Relating to Special Education

All these opportunities are **FREE** unless noted.
In most cases **you must register** if registration information is provided.

Notice that this list starts with the *FCPS Mental Health and Wellness Conference* **next Monday**, which was just announced a couple days ago!

Mental Health and Wellness Conference

Mon. Sep. 27 to Fri. Oct. 1, times vary

This conference is presented with Inova Act on Addiction, and Our Minds Matter, a student movement to change school culture around mental health.

Register: <https://www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness?>

Tools for Fostering Success at Home, In School, and Throughout Life

Mon. Sep. 27, 6-7 pm

A panel presentation to start the FCPS Mental Wellness Conference and Inova Act on Addiction Summit.

Register: https://us02web.zoom.us/webinar/register/WN_xZlquGx-Q4qK6XfNhE1pTg

More Than Sad: Suicide Prevention Education for Parents

Mon. Sep. 27, 7-8 pm

Learn to recognize signs of depression, how to talk about mental health with your child, and how to get help.

Register: <https://morethansadsept272021.attendease.com>

The Resilient Brain: Cultivating Courage & Curiosity to Expand a Child's Capacity to Build Inner Strength

Tue. Sep. 28, 6:30-7:00 pm

Consider the possibility of helping children learn to say yes to the world and all that life has to offer, even during difficult times.

Register: https://us02web.zoom.us/webinar/register/WN_c6zymDtfQWyV1gZ4_YEDbQ

Zenit Journals Workshop — *for students only*

Wed. Sep. 29, 4-5 pm

In this session students will learn how to use journaling as a way to support their wellbeing and will practice three methods.

Register: <https://www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness?>

Tools for Caretakers to Support Resiliency for Those Involved in Substance Use

Wed. Sep. 29, 6-7 pm

This presentation is part of the FCPS Mental Wellness Conference and Inova Act on Addiction Summit.

Register: https://us02web.zoom.us/webinar/register/WN_ZZvklHLSqGSvgVVmF9zNg

Getting a Handle on...ALL THIS! How to Thrive in Overwhelming and Uncertain Times

Thu. Sep. 30, 6-7 pm

Participants will be guided in how to use their head, heart, and hands to find practical ways to move forward in our challenging times.

Register: https://us02web.zoom.us/webinar/register/WN_C6JsBy4BQuSrMy8wCyD6uw

George Washington University Research Opportunity

Developmental Social Neuroscience Lab at GWU, 2115 G St. NW Wash. DC
Children ages 5-17 are being recruited to participate in both online and in-person studies. Compensation of \$20/hour

Contact: andilab@gwu.edu.

Family Digital Wellness

Fri. Oct. 1, 10:00-11:30 am, with later access

Learn about problematic media use at various ages and how to help children and teens to adopt healthy behaviors.

Register: https://docs.google.com/forms/d/e/1FAIpQLSdMDOpO3rd2W_g3d6c1VQq6CABMdebdu5CriUYVvonidfnAxQ/viewform

Helping Kids Manage Their Anger

Fri. Oct. 1, 10:00-11:30 am

Learn why kids have trouble managing emotions and how you can help your kids manage their anger without looking your cool.

Register: https://us02web.zoom.us/webinar/register/WN_oWFhtOY1R32OLHACqa_AuQ

Housing Options in VA, MD, and DC

Fri. Oct. 1, 10 am-noon

A panel of disability experts will discuss housing options in the greater DC area, including accessibility to services and transportation.

Register: https://zoom.us/webinar/register/WN_-3EeGXb3SIWrayb69AcMJA

Traumatic Brain Injury — Blue Ridge LEND Lunch & Learn

Fri. Oct 1, noon-1 pm

Traumatic brain injury will be covered in the context of evidence-based, culturally competent, person- and family-centered care.

Register: <https://virginia.zoom.us/meeting/register/tJ0odO2rj8tH9NB3UNDGMLM-gNz9XDHSxDX>

Tools for Resiliency During Unprecedented Times

Fri. Oct. 1, noon-1 pm

This presentation is part of the FCPS Mental Wellness Conference and Inova Act on Addiction Summit.

Register: https://us02web.zoom.us/webinar/register/WN_KUylyc25Se2uwifRrQO-Kg

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>

Sensory Friendly “Archaeology Family Day” at Mount Vernon

Sat. Oct. 2, 9-11 am, Mount Vernon

Learn how archaeology has uncovered the past through family-friendly activities at the 12-Acre Field.

Tickets: <https://www.mountvernon.org/en/ticketing> \$\$ varies

Increasing Familiarity of Different Cultures in Multi-Racial Formed Families

Mon, Oct. 4, 7:00-8:30 pm

Learn about racial and cultural identity challenges, strategies, and resources for multiracial formed families from parent peers with lived experience.

Register: <https://register.gotowebinar.com/register/5386500184993263630>

Anxiety Management Parent Group — 8 session course

Tuesdays, Oct. 5 to Nov. 23, noon-1 pm, 60 day access to video course

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=> **\$100-\$300**

Holistic Healing: The Whole-Person Treatment Approach to ADHD

Tue. Oct. 5, 1 pm, with replay link

Learn from a medical doctor about the benefits of integrative treatments, such as lifestyle and nutrition modification.

Register: https://goto.webcasts.com/starthere.jsp?ei=1475073&tp_key=d9c217a8ce

Joy is an Inside Job

Tue. Oct. 5, 7:00-8:30 pm

Gain a sense of how to develop a process of self care that inhibits burnout while still taking care of kids with special needs.

Register: <https://www.eventbrite.com/e/joy-is-an-inside-job-tickets-168187229531>

Transition Lunch & Learn

Wed. Oct. 6, 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/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

ADHD Management Parent Group — 8 session course

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=>

Talking with Kids to Build Motivation, Stress Tolerance, and a Happy Home

Wed. Oct 6, 7-8 pm

Learn communication strategies that support the healthy development of autonomy and self-drive that kids with learning-related challenges need.

Register: https://labschool-org.zoom.us/webinar/register/6816279311939/WN_lh-W558XR7WG9DGS2d7gtQ

Do You Think Your Child is Being Bullied? — In Spanish

¿Cree que su hijo es objeto de acoso escolar?

Mie. los 6 oct. 7 pm

Aprender cómo identificar y prevenir el acoso, hablar con su hijo sobre el acoso, y cómo obtener ayuda de profesionales cuando se necesite.

Registrarse: <https://bit.ly/3zro0kx>

Dyslexia Virtual Open House

Fri. Oct 8, 10-11 am, with later access

Gain an overview of dyslexia supports in FCPS, an update on equitable access to literacy plans, and tips to help your child thrive in school.

Register: https://docs.google.com/forms/d/e/1FAIpQLScR1rSrhqKNo_xluGBrgjos_mDzisivx5XY-v7Xf2SofXEOX1A/viewform

An Overview of Cerebral Palsy — Blue Ridge LEND Lunch & Learn

Fri. Oct. 8, noon-1 pm, details will be emailed Oct. 1

This overview will cover cerebral palsy in the context of evidence-based, culturally competent, person- and family-centered care.

Register: <https://virginia.zoom.us/meeting/register/tJ0odO2rpj8tH9NB3UNDGMLM-gNz9XDHSxDX>

Morning at the Museum — Cooper Hewitt

Sat. Oct. 9, 10:30-11:30 am

Students with cognitive or sensory processing disabilities will learn about the design process and make accessories for halloween.

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

Transition University — Self-Paced Course of 5 Sessions

Sun. Oct 10 to Tue. Nov. 30,

Learn about the many options available to maximize your child's independence and quality of life when they age out of school.

Register: <https://tufall2021.eventbrite.com>

College Bootcamp for Students with Disabilities

Mon. Oct. 11, 12:30-3:00 pm

College bound students graduating with an IEP in 2022 can receive help with the college application process in this workshop.

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

Navigating the Medicaid Waiver Process

Mon. Oct. 11, 7:00-7:45 pm

Find out about this program for home and community based health services for children and adults.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eikx104wa9444cbb&oseq=&c=560d2738-ff48-11e9-a42a-d4ae528440e0&ch=560e43ca-ff48-11e9-a42a-d4ae528440e0>

Wrightslaw Special Education Law and Advocacy Training

Tue. Oct. 12 & Wed. Oct. 13, 9 am-noon **\$160-\$210**

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and effective advocacy.

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>

Combating Stereotypes About Women, Men, and Children with ADHD

Tue. Oct. 12, 1 pm

Learn how to communicate about ADHD so as to counter mistaken ideas that can cause shame or guilt in the ADHD community.

Register: <https://www.additudemag.com/webinar/adhd-awareness-month-2021-hallowell-solden-podcast-376/>

ADHD and Reading Difficulties: Prevention and Problem Solving

Tue. Oct 12, 7:00-8:30 pm

Gain a sense of how ADHD can impede reading, what to watch for, and the kinds of interventions that may be needed.

Register: <https://www.eventbrite.com/e/adhd-and-reading-difficulties-prevention-and-problem-solving-tickets-168307202373>

Parenting Children of Color

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

Meet 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=>

Understanding the Dynamics of Cyberbullying, Technology, and our Youth

Fri. Oct. 15, noon

Learn about cyberbullying, the motivations behind it, the warning signs to look for, and strategies to protect students with disabilities.

Register: <https://www.eventbrite.com/e/understanding-the-dynamics-of-cyberbullying-technology-and-our-youth-registration-169484587965>

Teaching Problem Solving to Children and Adults with ADHD

Tue. Oct. 19, 7:00-8:30 pm

Learn how to teach problem solving to children, even those with hyperactivity, impulsivity, distractability, and executive function deficits.

Register: <https://www.eventbrite.com/e/teaching-problem-solving-to-children-and-adults-with-adhd-tickets-168309300649>

Transition Lunch & Learn

Wed. Oct. 20, 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/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

The Dynamics of Cyberbullying, Technology and Our Youth — In Spanish

La Dinámica del Acoso Cibernético, la Tecnología, y Nuestra Juventud

Mie. los 20 oct. 7 pm

Aprenda sobre el acoso cibernético, las motivaciones detrás de él, y las estrategias para proteger a los estudiantes con discapacidades.

Registrarse: <https://bit.ly/2XB7nFQ>

Successful Transition Planning and the IEP

Thu. Oct. 21, 11 am

Parents and their students, age 14 and older, can develop a custom transition plan to help in preparing for life after high school.

Register: https://us02web.zoom.us/webinar/register/WN_n0_RKjUITp6MF5KAPFsmmw

Real Assistive Technology for Everyone (RATE) Conference 2021

Sat. Oct. 23, 9 am-12:30 pm

This event will include a key note and three sessions with choices to present the use of assistive technology for supporting student learning.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSfIH8hLIUpFagzkpqzJiM6CCWUTDrsXRXR1K62Jg3B6p6b-9g/viewform>

Ask an Advocate: IEP 101

Wed., Oct. 20, 6:30-8:30 pm, Autism FIRST 24805 Pinebrook Rd. Chantilly

Learn how goals, services and placement decisions are determined, plus paper trails, and tips for how to advocate for your child.

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

National Drug Take Back Day

Sat. Oct. 23, 10 am-2 pm

Safely dispose of unused medications at District Police Stations in Fairfax County.

Information: <https://www.fairfaxcounty.gov/police/district/franconia>

In and Out of IEP Meetings — In Spanish

Dentro y Fuera de las Reuniones del IEP

Mie. los 29 sep. 7 pm

Aprenda a planificar una reunión del IEP, qué esperar durante la reunión, cómo entablar relaciones allí y cómo defender a su hijo.

Registrarse: <https://bit.ly/3gzOhq5>

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>

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/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

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

ASNV Teen Time for youth, age 13-19 with ASD, meets virtually Saturdays, 11 am to

noon. Contact: info@asnv.org Meeting: <https://us02web.zoom.us/j/9466001682>; Meeting ID: 946 600 1682; One tap mobile at (301) 715-8592

Escape Room Book Club (with hybrid-media) for neurodiverse teens, ages 12-18, to connect with their peers, meets monthly on the 4th Thu. At 4:30 pm at Brambleton Library, Brambleton. Contact: austin.ferraro@loudoun.gov for current books 571-258-3998

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.Monniq@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

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

Stronger Together meets alternate Tuesdays, Oct. 6. 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?>

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 meets on the 2nd Saturday of the month, 1:00-2:30 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 Wed. 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/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 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 Russell-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. 6. 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?>