

November Parent Information Relating to Special Education

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

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

Transition University — *Self-Paced Course of 5 Sessions*

Sun. Oct. 25 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>

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

Mon. Nov. 1, 8, & 15, 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/RealityCheckNov21> Linda.Watkins@inova.org

What Did You Say? Differentiating Auditory Processing Disorder from ADHD in Children

Tue. Nov. 2, 1 pm, with replay link

APD and ADHD are distinct conditions that do coexist but require different responses. Learn about the various types of APD.

Register: <https://www.additudemag.com/webinar/auditory-processing-disorder-adhd-in-children/>

Admission Drop-In Q & A for College Steps

Wed. Nov. 3, 11:30 am-12:30 pm

Find out about the admissions process for a private, mentor-based support program for neurodiverse students at NVCC.

Register: https://www.eventbrite.com/e/admissions-drop-in-qa-tickets-187051555237?aff=CSAdmissionsDropInFA21Eblast&mc_cid=a1321e9bd3&mc_eid=e089fc4093

Drop-

in: https://us02web.zoom.us/j/81943299420?mc_cid=a1321e9bd3&mc_eid=e089fc4093#success

Transition Lunch & Learn

Wed. Nov. 3, 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/tJcqcOuurjsiHtHPVysnNwEhc3ZXUUZsrn_A

Learning to be Flexible and Resilient

Wed. Nov. 3, 6:30 pm

A presentation by the Parent Resource Center at Alexandria Public Schools.

Access: <https://acpsk12.zoom.us/j/93232174038?pwd=dUhVVU0rNjF0TVZ0RnBwYWhEYnRTUT09>

What Do You Say?: How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home

Wed. Nov. 3, 7 pm

The authors will introduce their new book including some of the basic principles and new ways to handle some thorny topics.

Access: <https://www.mcleanschool.org/events/community-eduction-series/>

Meet the Trustee

Thu. Nov. 4, 10 am OR 7 pm

This is a yearly event to allow the public to hear The Arc of NOVA's Trustee, KeyBank, answer questions about special needs trusts.

Register for 10

am: https://zoom.us/webinar/register/WN_O_cII0QOSoCsNpaz1_Gchg

Register for 7 pm: https://zoom.us/webinar/register/WN_mOkP-zgwS8OLY5uvKVmOSw

Placing Real Estate in a Special Needs Trust (SNT)

Fri. Nov. 5, 10 am-noon

Learn how property is handled in a SNT to increase housing options for an individual with disabilities.

Register: https://zoom.us/webinar/register/WN_OSW8VnURSnS_yBJdtNeH8g

Circle of Support Conference

Sat. Nov. 6, 10 am-noon

A keynote will be followed by a variety of pre-recorded workshops focused on caring for individuals with ID or DD.

Register: <https://arcgpw.org/circle-of-support/>

Basics of the Medicaid Waiver

Mon. Nov. 8, 10 am

Learn what Waivers are, the services they offer, how to apply, and how to deal with the waiting lists for services.

Register: https://us06web.zoom.us/webinar/register/WN_xCJvd9ntQ8ynkjMkn3agJw

Essential Components of a High-Quality Internship Model for Students with Disabilities

Thu. Nov. 9, 2:00-2:45 pm

Learn how Start on Success is a highly effective school-to-work program based on a collaborative partnership.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/581>

Introduction to Supporting Those At Risk

Tue. Nov. 9, 7-8 pm

Learn how to support someone in your life who has had suicidal thoughts and/or a past suicide attempt.

Register: <https://ncacstar11092021.attendease.com>

The Basics of Supported Decision Making

Wed. Nov. 10, noon

Learn about this collaborative, empowering process that leverages the strength of the person with a disability and their network while maximizing autonomy.

Register: https://us06web.zoom.us/webinar/register/WN_AK29tvZJSDWEuwqE90dUQ

A Parent's Guide to Problem-Solving School Behavior Struggles

Wed. Nov. 10, 1 pm, with replay link

Learn the steps to take to collaborate with the school, and structure and monitor a positive and effective behavior action plan.

Register: <https://www.additudemag.com/webinar/school-behavior-problems-solutions/>

Non-Traditional School Options Panel

Wed. Nov. 10, 7:00-8:30 pm

Hear about homeschooling, fully virtual school, and non-traditional private schools from a panel of staff and parents from those programs.

Register: <https://register.gotowebinar.com/register/997295946538138896>

REVIVE! Training

Nov. 13,18, OR 23 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

Special Needs Trusts (SNT)

Mon. Nov. 15, 10 am

Learn how a SNT can safeguard government benefits while ensuring your (adult) child's future needs and interests are met.

Register: https://zoom.us/webinar/register/WN_XqHqRprKQDCChNyAug2maW

Emotionally Naked Truth About Suicide

Mon, Nov 15, 7:00-8:15 pm

Learn the often veiled ways youth cry for help, how to respond, and what to do long term to help teens develop resilience to stress.

Register: <https://register.gotowebinar.com/register/2955914283936494608>

Reimagine Our National Response to People in Crisis

Tue.-Thu. Nov. 16-18,

Join efforts to elevate crisis response and coordinate advocacy to establish and fully fund our country's 988 crisis response systems.

Register: <https://reimaginecrisis.hubilo.com>

College Steps Panel

Tue. Nov. 16, noon

Hear from a panel about the College Steps support process to help neurodiverse students during their college experience at NVCC.

Register: https://www.eventbrite.com/e/college-steps-qa-panel-fall-2021-virginia-programs-tickets-187109378187?aff=CSPanelFA21VAEmail&mc_cid=a1321e9bd3&mc_eid=e089fc4093

Navigating Systems

Tue. Nov. 16, 2:00-2:45 pm

A former student with a disability who is now an entrepreneur with an MBA will describe the complex systems he continues to navigate.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/561>

Overcoming IEP Roadblocks

Tue. Nov. 16, 6-8 pm Herndon Fortnightly Library 768 Center St. Herndon
Send questions on this topic by 11/14 to COLdhamWautismfirstus.com
Register: <https://autismfirstus.com/events/>

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

Tue. Nov. 16, 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://ncacitsreal11162021.attendease.com>

Transition Lunch & Learn

Wed. Nov. 17, 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 Science of Reading: How Instruction Re-Wires the Brain

Wed. Nov. 17, 7-8 pm

Gain an understanding of the learning-to-read process so as to help guide decisions on how to recognize and respond to a child's reading disability.

Register: https://labschool-org.zoom.us/webinar/register/2716279315106/WN_yiZuBgM7TW69XpeOUjptLA

Q2: Effective Secondary Services in Transition-Age Youth with Disabilities

Thu. Nov. 18, 2:00-2:30 pm

Find out about the secondary services that have been shown to be most effective for youth transitioning to the workplace.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/566>

Talking with Your Teen and Adult Children about Sexuality

Thu. Nov. 18, 6:30 pm

Teens with developmental disabilities need sexuality education and advocacy skills to be able to make healthy choices and prevent abuse.

Register: <https://thearcofloudoun.dm.networkforgood.com/forms/talking-with-your-teen-about-sexuality>

More Than Sad: Teen Depression — Training for Parents & Caring Adults

Sun. Nov. 21, 4-6 pm,

This program teaches caring adults about depression, demystifies treatment, and encourages those in need to seek help.

Register: <https://ncacmts11212021.attendase.com>

REVIVE! Training

Tue. Nov. 23, 3 pm

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

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://www.nami.org/Videos/NAMI-Basics-OnDemand>

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.Monnieg@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

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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/a0179kbgrhij1/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. 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?>