

December Parent Information Relating to Special Education

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

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

***Research Study* — African American Parents' Views on Parenting a Child with Autism**

This survey is for Black or African American parents of a child, age 17 or younger, with ASD. \$20 Amazon gift card for a completed survey.

Survey: <https://www.surveymonkey.com/r/childrensnationalautism>

Contact: Ms. Ware at 66ware@cua.edu for questions

Research Study*— How Does *Unstuck and On Target: High School (UOT:HS) Change Brain Function?

High school students with autism will have a MRI and behavioral assessments, a 25-week treatment working on a personal goal, and follow up.

Contact: Andrea Lopez at alopez4@childrensnational.org

Admission Drop-In Q & A for *College Steps*

Wed. Dec. 1, 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

Transition Lunch & Learn

Wed. Dec. 1, 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/>

REVIVE! Training

Wed. Dec. 1, Sat. Dec. 11, OR Fri. Dec. 17 at various times

Learn what to do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies provided.

Register: www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive

Your Voice Matters

Wed. Dec. 1, 6-7 pm

Parents will explore the value of their gifts, expertise, and contributions, and will learn effective approaches to advocating for their child.

Register at <https://www.eventbrite.com/e/your-voice-matters-registration-181324746197>

Score! Understanding PSAT Scores: A Roadmap for Post-COVID College Admissions

Thu. Dec. 2, 11 am

Learn about the pre-college testing process, the difference between test optional and test blind, and how the college admissions process has changed.

Register: https://us02web.zoom.us/webinar/register/WN_OUqfWD7jQQWmhclOoTzzYQ

The Power of Family Engagement: How Involved Parents Can Foster a Child's Self-Advocacy Skills

Thu. Dec. 2, 1 pm, with replay link

How engaging with your child outside of the classroom leads to increased chances of attending college, developing a career, and life preparedness

Register: <https://www.additudemag.com/webinar/self-advocacy-skills-students-adhd-family-engagement/>

Preparing for the Unexpected: Challenges of the Military Family

Fri. Dec. 3, 10:00-11:30 am

How to prepare for an off-cycle move and other common challenges, along with resources for storms, deployments, separations, and loss.

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

Understanding the Application and Appeals Process for SSI & SSDI

Fri. Dec. 3, 10:00-11:30 am

Learn about these two government benefit programs, their purposes, and how to qualify for coverage, as well as when and how to apply or appeal.

Register: https://zoom.us/webinar/register/WN_AgkFEHvkTaiX79EDV2L6EQ

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-ga-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

Youth Mental Health First Aid — Course for Adults

Sat. Dec. 4, 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>

Mount Vernon Sensory Friendly Holiday Family Day

Sat. Dec. 4, 9-11 am Regular programming 10 am-3 pm.

Discover how the holiday season was commemorated in the 18th century through family-friendly activities including take-home crafts.

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

Growth Mindset for Writing — for 4th & 5th Graders

Sat. Dec. 4, 1:30-3:00 pm, 6849 Old Dominion Dr. #200 McLean

Students can learn math strategies to work through challenging problems and reduce anxiety when they get stuck.

Register: <https://www.eventbrite.com/e/using-growth-mindset-strategies-for-writing-4th-5th-graders-tickets-177581349597>

Access to Spy

Sun. Dec. 5, 8-10 am

The International Spy Museum has set private hours so families with autistic members can visit with less noise, fewer people, and designated quiet rooms.

Register: https://tickets.spymuseum.org/admissions/folderView.aspx?node_id=11159&

Screening — It's Real: Teens and Mental Health

Tue. Dec. 7, 7-8 pm

Intended for groups of teens (ages 14-18); they will learn strategies for having a caring conversation with someone who may need help.

Register: <https://ncacitsrealteens12072021.attendase.com>

Integrated Care for People with Intellectual and Developmental Disabilities

Wed. Dec. 8, Fri. Dec. 10, OR Tue. Dec.14, 1-4 pm

The White House Director of Disability Policy will explore the challenges & opportunities of building an optimal, integrated care system for people with ID/DD.

Register: <https://www.eventbrite.com/e/integrated-care-for-people-with-intellectual-and-developmental-disabilities-tickets-196075074827>

The Intersection of Learning Differences and Racial Identity

Wed. Dec. 8, 7 pm

Ways for parents and school professionals to best support children of color with developmental or learning challenges will be addressed.

Register: https://labschool-org.zoom.us/webinar/register/3116279318760/WN_46n1LxpmTXygwC_csHdsXw

Postsecondary Education Considerations for Students with Disabilities

Wed. Dec. 9, 10 am-noon

Consider diverse education options after high school such as 2-year and 4-year college, apprenticeships, trade school, military, and gap year.

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

Prevention of Abuse in Youth Serving Organizations

Wed. Dec. 9, noon-1:30 pm

Learn eight research based prevention goals for child safety, and how to assess risk, identify organizational vulnerabilities, and institute mitigating practices.

Register: https://www.scanva.org/take-action/calendar/?mc_cid=5a7ef843f9&mc_eid=27bfab95d7

Advanced Training in Collaborative & Proactive Solutions

Thu. & Fri. Dec. 9 & 10, 9:00 am-4:30 pm, **\$395**

Participants will learn how to use the Assessment of Lagging Skill and Unsolved Problems (ALSUP), and how to solve problems collaboratively.

Register: <https://aepconnections.com/webinar-registrations/advanced-training-in-collaborative-proactive-solutions/>

College Steps Meet & Greet

Thu. Dec. 9, 4 pm

Meet with the program staff to learn about a private mentor-based support program for neurodiverse students at NVCC.

Register: https://www.eventbrite.com/e/college-steps-program-staff-meet-greet-fall-2021-virginia-programs-tickets-187170671517?aff=CSStaffMeetFA21VAEmail&mc_cid=a1321e9bd3&mc_eid=e089fc4093

Buying A New Electronic Device for your Child? What Every Parent Needs to Know

Fri. Dec. 10, 10:00-11:30 am

Learn about developmental factors to consider, how to proactively prepare and establish boundaries with your child, and how to respond to difficulties.

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

Holiday Family Game Night Celebration

Fri. Dec. 10, 6:30-7:30 pm,

This kid-friendly, holiday-themed event for foster, adoptive, and kinship families will include a sweater decorating contest and online games.

Register: <https://2021virtualholidayfamilygamenight.eventbrite.com>

More Than Sad: Teen Depression — Training for Adults

Sun. Dec. 12, 4-6 pm, Sunstone Counseling, 20145 Ashbrook Pl #180, Ashburn

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

Register: <https://ncacmts12122021.attendase.com>

Let's Talk About Sex: Sexual Health and Wellness — for Parents of Students with Disabilities

Mon. Dec. 13, 6:00-8:30 pm

It may be uncomfortable to talk with your child about sexuality and puberty, but doing so is critical for your child's health and safety. These tips can help.

Register: <https://bit.ly/3CLV3RJ>

How to Speak so that Schools Will Listen (and Listen so that Schools Will Talk) in Spanish

Cómo hablar para que las escuelas escuchen (y escuchar para que las escuelas hablen)

Lun. el 13 Dic. 7:00 pm

Aprenda a reconocer y prevenir las barreras a la comunicación y a establecer acuerdos sobre problemas difíciles.

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

Optimizing Executive Functions in Children and Adults with ADHD

Tue. Dec. 14, 2 pm, with replay link

Learn more about activities that foster the development of executive functions and situations that impair limit their use.

Register: <https://www.additudemag.com/webinar/executive-functions-adhd-children-adults/>

Future Financial Planning for People with Disabilities: A National Study on What's Working and What's Not

Tue. Dec.14, 2 pm, with replay link

Future financial planning can be overwhelming. This webinar will discuss challenges as well as solutions to help with planning efforts.

Register: https://thearc-org.zoom.us/webinar/register/6016363977149/WN_9rK_qppJSaqGhwLwtIU0xqIster

Navigating the Holidays with Your Special Needs Child

Tue. Dec. 14, 6-8 pm, Fortnightly Library, 768 Center St. Herndon

This discussion and Q & A group allows parents to learn from other families and gain practical tools to help your child.

No Registration

Transition Lunch & Learn

Wed. Dec. 15, 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

Talk Saves Lives

Wed. Dec. 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://ncactsl12152021.attendease.com>

Special Needs Trusts

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

Learn about the role of a Special Needs Trust in maintaining government benefits while ensuring your (adult) child's future needs are met.

https://zoom.us/webinar/register/WN_XqHqRprKQDCCChNyAug2maw

Transition Lunch & Learn

Wed. Dec. 29, 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

Caregiver Night Out

Thu. Dec. 30, 6:30-9:00 pm \$\$

Respite care for children with ID/DD will be provided by ABA providers.

Register: 703-857-2157 x 501 or jmcdonald@thearcofloudoun.org

Plan Ahead — IEP University

Jan. 10-24, self-paced

Learn accurate and useful information around IEP development and strategies to help meetings be more positive, productive, and collaborative.

Register: <https://bit.ly/3DgDdHu>

Plan Ahead — Human Sexuality 101 for Teens — for 8th-12th Gradewith I/DD

Mondays, Jan. 24-Apr.18, 6:00-7:30 pm, plus 3 parent meetings, **\$850**

This series helps teens learn about sexuality and gain advocacy skills to be able to make healthy choices and prevent abuse.

Register: email EaseEducates@gmail.com or 703-598-2010

Ongoing and On Demand

The Arc@School Advocacy Curriculum \$99 for 6 months

Build up your special education knowledge, know the law, and learn to advocate for the services and supports your child needs at school.

Purchase: <https://thearcatschool.org/advocacy-curriculum/>

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.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://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/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. 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.Monnig@thearcofnova.org](mailto:email.Diane.Monnig@thearcofnova.org)

Youth MOVE, for ages 14-29, meets the 2nd & 4th Thursday monthly at 6:30 pm. This facilitated group is for teens with mental health concerns. Register: https://docs.google.com/forms/d/e/1FAIpQLSdXeIGDRnqHnPu6fqHBBYlQ-1tBB6WtP_9d-goW5pDxJj0TBw/viewform

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, 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 mediante la aplicación de WhatsApp. Podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al group: <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 am 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 at 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 on Sat. monthly. 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?>