

January Parent Information Relating to Special Education

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

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

IDD Research Study with Spanish Speaking Families — *En español*

Young adults with ID and their families are sought for interviews on COVID-19 materials for adults with intellectual disabilities. \$50 gift card

Screener: <http://www.COVID19educationalmaterials.thehennegroup.com>

Estudio de investigación de IDD con familias hispanohablantes

Se busca a los adultos jóvenes con DI y sus familiares para una entrevista sobre los materiales de COVID-19 para adultos con discapacidad intelectual. Tarjeta de regalo de \$50

Formulario de

interés: www.COVID19educationalmaterials.thehennegroup.com

2022 Hamilton Relay Scholarship Award

Application: <http://ow.ly/NrKw50GO8w4> Apply by Jan. 31

This \$500 scholarship is to support post-secondary education for a student who is deaf, hard of hearing, deaf-blind, or has difficulty speaking.

Guidelines: <http://ow.ly/QySM50GO8w3>

***Plan Ahead* — Guiding Exceptional Parents Book Discussion**

Wed. Jan. 12, 7:30 pm

In ***What Happened to You?*** the authors provide a profound shift for understanding behavior and trauma, as well as insights on kids with ADHD.

Register: <https://guidingexceptionalparents.com/maryland-book-club-registrations/>

Transition Lunch & Learn

Wed. Jan. 5, 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/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsmn_A

Screen Time and Mental Health in Youth

Wed. Jan. 5, 7:30-9:00 pm, **\$10**

Learn the latest research findings on digital addictions, mental health in children, and what to do when excessive screen time becomes a problem.
Register: <https://www.rosscenter.com/event/screen-use-and-mental-health-in-youth/>

Instilling Hope: A Brain Based Approach to Understanding FASDs and other Neurobehavioral Conditions

Thu. Jan. 6, 7-8 pm

This approach to fetal alcohol spectrum disorders (FASDs) will lead to more understanding and accommodations with less anxiety and stress.

Register: <https://register.gotowebinar.com/register/4837034644522865935>

ADHD Medication Workshop for Parents of Children and Adolescents

Thursdays Jan. 6, 13, & 20, 8-9 pm, with related ADHD video course

Learn best practices for medication trials and discontinuation trials as well as ways to manage medication side effects and uneven medication coverage.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5gx97c2c76ff1&oseq=&c=&ch=> **\$250-\$0**

Estate Planning and Legal Authority For Parents

Fri. Jan. 7, 10 am-noon

Learn how to establish an estate plan that will protect your future adult child's inheritance while retaining their eligibility for public benefits.

Register: https://us06web.zoom.us/webinar/register/WN_SWqK1mKQZu3WVrMXTNXUQ

Focus on Inattentive ADHD: The Under-Diagnosed and Under-Treated Subtype

Mon. Jan. 10, 1-2 pm, with replay link

The academic, social, and emotional difficulties of children with undiagnosed inattentive ADHD can be avoided with appropriate treatment.

Register: <https://www.additudemag.com/webinar/inattentive-adhd-subtype-diagnosis-treatment/>

The Power of Involving Families — En español

El poder de involucrar a las familias

Lun. el 10 enero, 7 pm

Descubra cómo la construcción de relaciones entre los padres y las escuelas que involucran a las familias de los estudiantes con discapacidades tiene un impacto positivo en los estudiantes.

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

Good Enough Parenting with Teens

Mon. Jan. 10, 8:15 -9:15 pm

Topics such as healthy screen use, peer relationships, sleep, balancing autonomy with limits, and parent roles, will be addressed via Q & A.

Register: <https://www.eventbrite.com/e/good-enough-parenting-series-2-with-teens-registration-183631816707>

IEP University (IEPU) — self-paced course

Mon. Jan. 10 to Mon. Jan. 24, with access 24/7

Get accurate and useful information around IEP development and meetings with this self-paced online training that emphasizes practical strategies.

Register: <https://www.eventbrite.com/e/iep-university-iepu-registration-208119550177>

Teaching Collaborative Problem Solving to Children and Adolescents

Tuesdays, Jan. 11, 18, & 25, 7:30–8:30 **am** **\$250-\$0**

Understand the reasons to use this approach and how to implement it to solve problems inherent in some children's underdeveloped skills.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5jd3o431c9f0d&oseq=&c=&ch=>

Reading Comprehension and Autism

Wed. Jan. 12, 6:00-7:10 pm

Access: <https://www.lcps.org/page/140009>

Breaking the Autism Code

Wed. Jan. 12, 6:30-7:30 pm, Autism F.I.R,S.T. 131 Elden St. #302, Herndon
Author Cindy Lang Walsh will present her book and share information on autism.

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

Executive Functioning and Dysregulation: Understanding and Supporting Neurodiverse Students

Wed. Jan.12, 7:00 -8:30 pm

Reasons for dysregulation, such as anxiety, inflexibility, or slow processing speed, will be discussed and then effective ways to develop self-regulation.

Register: https://labschool-org.zoom.us/webinar/register/9516279319586/WN_VFfOa4E9RZ2e7f6ORCkCrQ

SSI and SSDI Basics

Thu. Jan.13, 6:30-7:30 pm

Learn who is eligible, the difference between SSI and SSDI, how income affects these benefits, and who qualifies for Medicaid and Medicare.

Register: <https://peatc.org/event/ssi-and-ssdi-basics/>

How to Care for YOU in 2022: Self Care and Kinship Caregivers

Fri. Jan. 14, noon-1 pm

Connect with other kinship caregivers on how to enhance self care, and find ways to solve problems with community partners for children in your care.

Register: <https://register.gotowebinar.com/register/493919733968249100>

Raising Problem Solvers vs Direction Followers

Tue. Jan. 18, 7:30-8:30 pm, with replay link **\$10**

Consider how to give your child tools to strengthen his or her brain to build the habits and routines that allow them to take ownership of tasks.

Register: <https://www.eventbrite.com/e/raising-problem-solvers-vs-direction-followers-tickets-224758517777>

Health Care Transition Skill Building: Tools for Students, Families and the IEP Team

Wed. Jan. 19, noon-1 pm

Find out how students transitioning to adulthood can learn skills in managing their own healthcare.

Register: <https://bit.ly/3oX2PEJ>

Transition Lunch & Learn with an Attorney

Wed. Jan. 19, noon-1:30 pm

Plan for the transition to adult services by learning about powers of attorney, guardianship, and special needs trusts.

Register: https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

From Referral to Eligibility: A Deeper Dive

Wed. Jan. 19, 6:30-7:30 pm

Learn important details about the initiation procedures for special education services, including timelines for referral, evaluation, and eligibility decisions.

Register: <https://www.eventbrite.com/e/special-education-workshop-series-registration-220218598757>

Supported Decision-Making in Special Education - Start Early!

Wed. Jan.19, 6:30-7:30 pm

Learn about supported decision-making, why it's important, and how it can have a positive impact on your child's present and future.

Register: <https://www.eventbrite.com/e/supported-decision-making-in-special-educationstart-early-registration-221030828157>

Ask an Advocate

Wed. Jan. 19, 6:30-7:30 pm, 131 Elden St. #302, Herndon

This discussion of what "appropriate" and "special" mean in a special education setting can help parents advocate for their child at school.

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

Disability is Not a Dirty Word

Wed. Jan. 19, 7:00-8:30 pm

Focusing on strengths, differences, and self-determination can reshape the way we see our autistic children and help them live the life they want.

Register: <https://xminds.org/event-4571374>

Supporting Adolescent Academic Challenges in Reading, Writing & Note-taking

Wed. Jan. 19, 7:00-8:30 pm

Learn why reading comprehension, written work, and note-taking are so difficult and the strategies and supports your student needs to be successful.

Register: https://labschool-org.zoom.us/webinar/register/7316389680169/WN_ScYTTcIWRuCr8qIt629wdw

Parenting a Defiant Child: Won't? or Can't?

Wed. Jan. 19, 7:-8 pm, with replay link

Learn how to respond to a child who feels threatened in ways that will help your child calm down and learn how to solve their problems.

Register: <https://register.gotowebinar.com/register/4669016072289323276>

The Message of Behavior: What Is Your Child Trying to Communicate?

Thu. Jan. 20, 6:30-8:30 pm

Identifying and assessing the function of behavior is critical to finding the most effective strategies for interventions and change.

Register: <https://bit.ly/3xpo3Hi>

Collaborative & Proactive Solutions: 2-Day Virtual Training

Thu. & Fri. Jan. 20 & 21, 9:45 am-5:15 pm, \$99-\$159

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

Register: <https://www.eventbrite.com/e/2022-collaborative-proactive-solutions-2-day-virtual-training-registration-163491961859>

Depression in Children and Teens: What You Need to Know

Thu. Jan. 20, 1:00-2:30 pm **\$0-\$15** Coupon code: DEPRESS

This overview will include diagnostic criteria, treatment options, and how parents can support children and youth with depression.

Register: <https://adoptionsupport.org/event/syf-webinar-depression-in-children-and-teens-what-you-need-to-know/>

Disability Benefits: Medicaid Waivers in Virginia — In Spanish

Beneficios por Discapacidad: Exenciones de Medicaid de Virginia

Jeu. 20 de ene. 6:30-8:00 pm

Los beneficios del gobierno están disponibles para ayudar a las personas con discapacidades. Obtenga información sobre los beneficios de exención de VA Medicaid; quien es elegible; y cómo aplicar.

Registrarse: <https://peatc.org/event/beneficios-por-discapacidad-exenciones-de-medicaid-de-virginia/>

Educational Interventions and Support for Children Affected by Prenatal Alcohol Exposure (PAE)

Thu. Jan. 20, 7-8 pm

About 1% - 5% of school-aged children in the U. S have PAE. Learn best practices for improving their engagement, functioning, and learning at school.

Register: <https://register.gotowebinar.com/register/3261379506028352015>

Thank Goodness It's Financial Fitness Friday

Fri. Jan. 21, 10:00-11:30 am

A certified financial planner will answer questions related to financial planning for families of individuals with a debilitating condition.

Register: https://us06web.zoom.us/meeting/register/tZ0sdeqprj4iHNZium_OlABjEFZOf06nQyhX

Human Sexuality 101 for Teens — for 8th-12th Graders with 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](mailto:EaseEducates@gmail.com) or 703-598-2010

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

Mon. Jan. 24, & Mon. Jan. 31, 6:30-8:30 pm

Gain tips on how to talk with your child because it is critical to your child's health and safety, via instruction in social, safety, and self-care skills.

Register: <https://bit.ly/3Ei8xp8>

Nurturing Parents — 8 class course in English

Wednesdays, Jan. 26 to Mar, 16, 6-8 pm

Parents of children of all ages will receive support in managing stress, family rules and expectations, and strengthening relationships.

Register: <https://scanfamilies.org/classes-workshops/>

Nutriendo a los padres — curso de 8 clases en español

Mié. 26 de ene. al 16 de mar. 6-8 pm

Los padres de niños de todas las edades recibirán apoyo para controlar el estrés, desarrollo infantil, reglas y expectativas familiares y fortalecimiento de las relaciones.

Registrarse: <https://scanfamilies.org/classes-workshops/>

Youth Mental Health First Aid — Course for Adults

Wed. & Thu. Jan. 26 & 27, 1:00 am-4:30 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>

New Advances in Treating ADHD

Tue. Jan. 26, 7:30 pm

Consider how genetic testing may help in the selection of ADHD medication, and how to maximize its effectiveness and minimize side effects,

Register: <https://www.eventbrite.com/e/new-advances-in-treating-adhd-tickets-228380039847>

The Power of Reset: Get Your Parenting Back on Track

Thu. Jan. 27, 7:00-8:30 pm **\$0-\$20**

Explore how to reset your parenting, using simple brain science, easy-to-implement tools, and tips for connection.

Register: <https://thesycamoreschoolva.org/events/the-power-of-reset-get-your-parenting-back-on-track/>

FASD in Schools

Thu. Jan 27, 7-8 pm

Students with prenatal exposure to alcohol (fetal alcohol spectrum disorder) can benefit from trauma-informed supports which will be covered.

Register: <https://formedfamiliesforward.org/event/fasd-in-schools/>

Anxiety in Children and Adolescents

Thu. Jan. 27, 8:00–9:30 pm, **\$35-\$0**

This discussion of anxiety in children and family systems will include how to do child exposure therapy and parent accommodation reduction.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5kyzw22401193&oseq=&c=&ch=>

Everything You Need to Know About Marijuana in 1 Hour

Fri. Jan. 28, 10-11 am

Only about 20% of youth are doing it. Learn more: legalization vs decriminalization, the ways marijuana can be consumed, and THC vs CBD.

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

LCPS Mental Health & Wellness Conference

Sat. Jan. 29, 9 am-noon, Lightridge HS, 41025 Collaboration Dr, Aldie

Sessions include topics on anxiety, suicide prevention, community resources, etc.

Register: www.navigatethepathl.com/

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, noon-1

pm. 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](mailto:Diane.Monniq@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. 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. Registrarse 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/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 mzero@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>

NAMI Parent & Caregiver Support Group meets on the 4th Thursday monthly. Email namicva.org or call 804-285-1749

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