

## May Community Events Relating to Special Education

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

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

When other events are announced they will be posted with these at:

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

### Survey from the National Paralysis Resource Center

Open until May 11

Feedback from the paralysis community is sought to identify gaps and improve services.

Survey: <https://redcap.vanderbilt.edu/surveys/?s=PA3H4APAMTHA4YHW&>

### REVIVE! Trainings

Multiple dates & times

Be prepared for an overdose! Learn how to administer naloxone, and what to do afterwards. Get supplies.

Register: [www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive](http://www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive)

### Move for Mental Health

Sun. May 1, 10:30 am-1 pm, Mason Park, 6621 Columbia Pike, Annandale  
Live performances, self-care stations, fun run, and community service hours for FCPS students.

Register: [bit.ly/move4mentalhealth](http://bit.ly/move4mentalhealth)

### Dads Parenting Group — 13 meetings

Mondays, May 2 to Aug. 1, 6:00-8:30 pm

Buff up your Dad skills with group activities, discussion, meals, resources, and camaraderie.

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

### Youth Mental Health First Aid — Course for Adults

Tue. May 3 & Wed. May 4, 9:00 am-12:30 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/hrcode/ereg/Registration.aspx?groupID=47>

### **Being In Between: Working with Transitional Age Youth As Partners in Care**

Tue. May 3, noon-2 pm

Hear the needs and strengths of transitional age youth, along a youth panel speaking of what helps and what harms.

Register: <https://jssa.jotform.com/220937044266052>

### **Caring for YOU So You Can Care for Your Child — For Moms with ADHD**

Tue., May 3, 1 pm

Consider the challenges specific to mothers with ADHD parenting children with ADHD and strategies that help.

Register: <https://www.additudemag.com/webinar/moms-with-adhd-parenting-wellbeing-advice/>

### **Working with Your Adolescent**

Tuesdays, May 3 & 10, 8-9 am, video course included **\$100-\$10**

Use the video course to learn about adolescent development, and use the group to discuss approaches to challenging behaviors.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ej0dbb0z71e58553&oseq=&c=&ch=>

### **Critical Decision Points for Families of Students with Disabilities**

Wednesdays, May 4, & May 11, 6-8 pm

Learn how to avoid schooling decisions that can severely limit future opportunities for students in unanticipated ways.

Register: [https://doe-virginia.gov.zoom.us/webinar/register/WN\\_4S61NBEySKq\\_JkKzLMK60g](https://doe-virginia.gov.zoom.us/webinar/register/WN_4S61NBEySKq_JkKzLMK60g)

### **Transition Lunch & Learn**

Wed. May 4, 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](https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A)

### **From Referral to Eligibility: A Deeper Dive**

Wed. May 4, 6:30-7:30 pm

Learn about the initial stages of special education in Virginia.

Register: <https://peatc.org/event/special-education-workshop-series-may-4th-from-referral-to-eligibility-a-deeper-dive/>

### **Talking With Your (Adult) Children About Relationships & Sexuality**

Thu. May 5, 11 am

Learn about EASE, a program to aid people with I/DD in making informed and healthy choices, advocating for themselves, and preventing abuse.

Register: [https://us06web.zoom.us/webinar/register/WN\\_0v3oqniORh2XjPkBDvcBqg](https://us06web.zoom.us/webinar/register/WN_0v3oqniORh2XjPkBDvcBqg)

### **Worry and Anxiety in Children and Adolescents: Using Evidence-based Strategies to Help Kids and Caregivers Cope During Tough Times**

Fri. May 6, 10:00-11:30 am, with replay link

Learn about the biological roots of anxiety, how to change anxious thinking, and current treatment options.

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

### **Let's Talk About Mental Health**

Fri. May 6, 10 am-noon, with replay link

Learn about common diagnoses, warning signs of problems, and how to support your mental health or that of a loved one.

Register: [https://us06web.zoom.us/webinar/register/WN\\_OpLB8hgITVy87WnJkSNI6g](https://us06web.zoom.us/webinar/register/WN_OpLB8hgITVy87WnJkSNI6g)

### **MILCON 2022 From Alpha to Zulu — For military service members**

Sun. May 8, 6 pm to Mon. May 9, 3:30 pm

This conference for military families and educators will include topics such as PCSing with an IEP and transition services.

Register: <https://www.eventbrite.com/e/milcon-2022-from-alpha-to-zulu-registration-257285326337>

### **Reality Check Driver Safety Program at INOVA**

Mon. May 9, 16, & 23, 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: [www.surveymonkey.com/r/RealityCheckMay2022](http://www.surveymonkey.com/r/RealityCheckMay2022)

### **Parenting with Co-Occurring Mental Health and Developmental Disabilities**

Tue. May 10, 2-3 pm

Experienced parents will discuss the bias and discrimination they received and the strategies they used to become successful.

Register: [https://uky.zoom.us/webinar/register/WN\\_gjIU\\_n4NSKeloEpgu55iiA?j=1460806&sfmc\\_sub=219901303&l=6881\\_HTML&u=32923869&mid=515008575&jb=0](https://uky.zoom.us/webinar/register/WN_gjIU_n4NSKeloEpgu55iiA?j=1460806&sfmc_sub=219901303&l=6881_HTML&u=32923869&mid=515008575&jb=0)

### **Special Education Eligibility**

Tue. May 10, 6:30-7:45 pm

Learn about the steps by which a student becomes eligible for special education.

Register: <https://peatc.org/event/special-education-eligibility/>

### **Maintaining Routines Outside of School**

Wed. May 11, 10:00-11:30 am OR 7:00-8:30 pm, 8115 Gatehouse Rd. Falls Church

This workshop is for parents of students with the low incidence disabilities of autism, intellectual disabilities, or physical disabilities.

Register: Contact Liane Sprunk at (571) 423-4110 or by email

### **The Hidden Curriculum**

Wed. May 11, 6:30-7:45 pm

Learn what is hidden, and gain practical tips on how to teach this non-verbal information to students with learning differences.

Register: <https://peatc.org/event/early-childhood-academy-spring-2022/>

### **A Parent's Guide to the Best School Options for Students with ADHD and LD**

Wed. May 11, 1 pm

Learn the pros and cons of different school options, factors to consider, and how to choose one for your child and your family.

Register: <https://www.additudemag.com/webinar/best-schools-for-adhd-ld-options/?>

### **Building Trauma Responsive Communities**

Thu.-Fri. May 12 & 13, 9:30 am-3:00 pm

A morning keynote will be followed each day with a choice of three presentations and a panel discussion.

Register: <https://southsidebh.org/trauma-responsive-communities/>

### **Using DBT Skills to Reduce Conflict in Our Families**

Fri. May 13, 9-10 am

Learn how mastering the skill of emotional regulation will make the biggest impact to improve the emotional tone of our home.

Register: <https://www.eventbrite.com/e/using-dbt-skills-to-reduce-conflict-in-our-families-tickets-324300610857>

### **Managing Fighting and Aggression**

Fri. May 13, 10:00-11:30 am

Consider some reasons why children fight and the skills that kids need to cooperate and get along well with others.

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

### *Lead, Support, Empower! Latinx Outreach Summit **In Spanish***

#### **Liderar, apoyar, empoderar! Cumbre de alcance**

Sab. 14 de mayo, 9 am-3 pm, Virginia Crossings Conf. Ctr. Richmond  
Familias y profesionales se unen para comprender mejor la diversidad, la cultura, la educación especial, y nuestra comunidad.

Registrarse: <https://bit.ly/3g7Zvl8>

### **Social Justice for Voting Rights** — *2 sessions for youth in grades 6-9*

Tuesdays, May 17 & 24, 4:30-6:30 pm, 4031 University Dr. Fairfax

Dinner and discussion on voting rights led by a FCPL librarian. NO reading needed beforehand. Dinner provided.

Register: <https://www.eventbrite.com/e/social-justice-book-club-tickets-302870733517>

### **Transition Lunch & Learn with an ABLENow Expert**

Wed. May 18, 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](https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A)

### **How to Effectively Communicate with My Child's Teacher (Part 2 of 3)**

Wed. May 18, 6-7 pm

Consider how to use communication, consistency, and collaboration so as to become an active participant in IEP meetings.

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

### **Becoming More Familiar with Extended School Year (ESY)**

Thu, May 19, 7-8 pm

Learn about the function of ESY, criteria for eligibility, and how it can be customized for your child's needs.

Register: <https://register.gotowebinar.com/register/8407118114957622541>

*Friendship Building Strategies — In Spanish*  
**Estrategias de construcción de amistad**

Mié. 18 de may, 7-8 pm

Aprenda estrategias para facilitar amistades importantes entre estudiantes con y sin discapacidades.

Registrarse: <https://peatc.org/event/friendship-building-strategies-estrategias-de-construccion-de-amistad/>

**Anxiety in Children: Overlooked Signs and Effective Supports**

Thu. May 19, 1 pm, with replay link

Learn key skills needed to successfully manage anxiety while promoting courage, confidence, and resilience.

Register: <https://www.additudemag.com/webinar/anxiety-in-children-teens-signs-supports/>

**Navigating Life in Foster Care – Panel of Young Adults with Lived Experience**

Thu. May 19, 1:00-2:30 pm **\$15-\$0** use coupon code: FOSTER

Panelists will reflect on their experiences in foster care and tools they deem necessary for supporting foster youth and families.

Register: <https://adoptionssupport.org/event/syf-webinar-navigating-life-in-foster-care-panel-of-young-adults-with-lived-experience/>

**NPAC Family Game Night – For adoptive families in NOVA**

Thu. May 19, 5:30-7:00 pm,

Online games, with prizes and delivered dinners.

Register: <https://www.eventbrite.com/e/npac-family-game-night-learn-play-win-tickets-294719252217>

**Special Needs Trust**

Fri. May 20, 10:00-11:30 am

Learn about the role of a special needs trust in keeping government benefits and ensuring your (adult) child's needs will be met.

Register: <https://thearcofnovatrust.org/event/special-needs-trust-may-20>

**The Unexpected Link Between Migraine Headaches and ADHD**

Tue. May 24, 1 pm

Consider the factors that can lead to headaches and strategies to reduce or stop migraines.

Register: <https://www.additudemag.com/webinar/migraine-headaches-adhd-link/>

### **P.O.R.N. Webinar: Protect Our Relatives Now**

Tue. May 24, 6:30-7:45 pm

The presenter will discuss sexuality and how to support safe sexual exploration while prompting autonomy and independence.

Register: <https://peatc.org/event/p-o-r-n-webinar-protect-our-relatives-now/>

### **More Than Sad: Teen Depression — Training for Caring Adults**

Tue. May 24, 7:00-8:30 pm

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

Register: <https://ncacmts05242022.attendase.com>

### **Anatomy of an IEP**

Wed. May 25, 6:30-7:45 pm

Learn about the sequence and contents of the separate sections of an Individualized Educational Plan.

Register: <https://peatc.org/event/special-education-workshop-series-may-25th-anatomy-of-an-iep/>

### **Plan Ahead — Youth & Family Summit — For students age 13-21**

Tue. Jun. 14 evening to Thu. Jun. 16, afternoon

Three key components of self-determination will be the focus, including how to put them into practice, and how to plan for continued growth.

Register: <https://events.wm.edu/event/view/education/127795>

### **Plan Ahead — Parent Institute 2022**

June 23 & June 24

This training connects parents who are new to special education with resources, guidance, and networking opportunities.

Register: <https://www.eventbrite.com/e/parent-institute-2022-registration-297097796507>

## **Ongoing and On Demand**

### **Learning Your Way — Online Self-Paced Courses**

24/7 Access, Feb. 15, 8 am to Jun. 30, 11 pm

Courses for foster, adoptive, and kinship care families on *Special Education 101*, *Constructive Communication*, and *Trauma 101*.

Register: <https://www.eventbrite.com/e/learning-your-way-spring-2022-tickets-233867141917>

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

Build your special education knowledge, know the law, and learn to advocate for the services your child

needs. Scholarship: <https://thearcus.surveymonkey.com/r/H7WNHB7>

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>

**An Individualized Approach to Raising Your Challenging Child Video Course**

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

This course is to help parents of children, age 3-12, to identify the source of their child's challenging behavior and learn what they can do about it.

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

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

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

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

**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:email.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/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://rtcil.ku.edu/ats-home>

### **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](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 Autism Social Group** for high school students and young adults meets on the 1st Saturday monthly noon-1 pm. Contact Nicci Dowd at [autismsoclub@gmail.com](mailto:autismsoclub@gmail.com). Join meeting at <https://us02web.zoom.us/j/87204681036?pwd=dIEvRWltZjlZdXZtN1g1Wll4SGRJZz09>; Meeting ID: 872 0468 1036; Passcode: 276691.

**ASNV Teen Time** for youth, age 13-19 with ASD, meets virtually Saturdays, 11 am to noon. Contact: [info@asnv.org](mailto: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](mailto: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)

**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](mailto:mroy@umfs.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](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](mailto: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](mailto: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](mailto:robin4brady@gmail.com)

**Arlington Epilepsy Support Group**, a list-serve, can be accessed at [ARLEpilepsy@googlegroups.com](mailto:ARLEpilepsy@googlegroups.com)

**Autism Dads** meets one evening monthly. Contact: George Buzby at 571-419-1257 or [gbuzby@aol.com](mailto: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](mailto: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](mailto:ADHDParentMountVernon@gmail.com) or call 303-903-9972.

- **West Fairfax/Burke CHADD Parent Support Group** 1st & 3rd Thur. of each month at 8:00 pm Contact: Cathy, [ocgreulich@aol.com](mailto: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](mailto: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](mailto: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](mailto:Natalie.Holmes@fairfaxcounty.gov) [www.fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-group](http://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. **Virtual** support group meets the 1st Sunday evening monthly. **In-Person** support group meets the 3rd Wednesday evening monthly.

Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

**Foster the Family Support Group** for foster and adoptive moms meets the 3rd Monday of each month, 6:30-8:00 pm in Falls Church. Childcare is provided. Register: <https://www.fosterthefamilydc.org/supportgroups>

**Grupo de Chat para Padres:** Unete 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 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](mailto:BuildingStrongerFamilies@fairfaxcounty.gov)

**Let's Talk Transitions** meets monthly on the 4th Wednesday at 7 pm to discuss their autistic teen's post-high school plans.  
Register: <https://xminds.org/event-4522626>

**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](mailto: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>

**NAMI Parent & Caregiver Support Group** meets on the 4th Thursday monthly. Email [namicva.org](http://namicva.org) or call 804-285-1749

**OCD Family Support Group** meets the 1st Mon. of each month, 7:30 pm. Contact: [ela.mike@verizon.net](mailto: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](mailto: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 Wednesdays. Register: <https://thearcofnova.org/november-december-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](mailto:administrator@poac-nova.org) .

**Parents of Autistic Teens** meets some Sat. of each month. Contact: Maria Dubuc 703-970-3676 or [Admin@ASNV.org](mailto: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](mailto:mojgan.pourmand@eastersealsucp.com)

**Virginia Family Network Book Club** for parents and caregivers of children living with mental health challenges meets on the 2nd and 4th Thursdays at 7 pm. Contact Nicole Anjum at [nanjum@namivirginia.org](mailto:nanjum@namivirginia.org) .

**Virginia Family Network Parent Meetup** is on the 1st and 3rd Fridays at 8 pm for parents/caregivers of children with mental health challenges. Contact Nicole Anjum at [nanjum@namivirginia.org](mailto:nanjum@namivirginia.org) .