

June 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/>

A new **Virginia Office of the Children's Ombudsman** will advocate for systemic changes in Virginia's child welfare system and will both receive and investigate complaints regarding the actions or decisions of departments of social services in cases involving children alleged to have been abused or neglected and children who are in foster care.

Information: <https://bit.ly/3885c1O>

Fairfax County Park Authority Adapted Recreation Survey

FCPA would like to know your needs and preferences in adapted recreation in order to improve future classes..

Access until June 5: <https://www.surveymonkey.com/r/VQGTSVV>

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**

Thu. Jun. 23, 9 am-3 pm and Fri. Jun. 24, 8 am-noon

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

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

REVIVE! Training

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

Transition Lunch & Learn

Wed. Jun. 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/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

When Dyslexia and ADHD Overlap: Symptoms, Misconceptions, and Interventions

Wed. Jun. 1, 1 pm, with replay link

Learn the key signs and traits of ADHD and dyslexia, the differences between them, and effective interventions for children with both.

Register: <https://www.additudemag.com/webinar/dyslexia-adhd-overlap-symptoms-interventions/>

Policing in the Disability Community

Thu. Jun. 2, noon-1 pm

Join a discussion on what police can do during routine traffic stops to ensure the safety of those with disabilities and/or racial minorities.

Register: <https://www.innow.org/event/policing-in-the-disability-community/>

Letter of Intent & Long-Term Advocacy Planning

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

A Letter of Intent is an important guidance document for a loved one who will need a longterm caregiver/advocate. Learn how to write one.

Register: <https://thearcofnovatrust.org/event/fffp-june-3-2022-letter-of-intent/>

Preparing for a Military Move? What Every Military Family Needs to Know

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

Gain tips and strategies on the registration and withdrawal process, using the education binder and resources in FCPS.

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

Youth Mental Health First Aid — *Course for Adults*

Sat. Jun. 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>

Building Strong Parent Advocates — 6 hour self-paced course

Mon. Jun. 6 to Fri. Jul. 1

This training helps families to understand the special education process while empowering them to be their child's best advocate.

Register: <https://bit.ly/3wQqSd4>

The Biology of ADHD and Medication Options for Treatment

Tue. Jun. 7, 1 pm, with replay link

Learn about the biological basis of ADHD, other disorders that co-occur with ADHD, differences in girls and boys, and medication options.

Register: <https://www.additudemag.com/webinar/adhd-medication-options-brain-biology/>

Disability Benefits: VA's Medicaid Waivers

Tue. Jun. 7, 6:30-8:00 pm

Learn about Virginia's Medicaid Waivers, the variety of benefits, eligibility for services, and how to apply and obtain benefits.

Register: <https://peatc.org/event/disability-benefits-vas-medicaid-waivers-2/>

Measurable IEP Goals

Wed. Jun. 8, 6:30 pm

Well-written goals lead to better instruction. Learn how to contribute to this part of the IEP process.

Register: https://us02web.zoom.us/webinar/register/WN_hsSoTkuwSjOOsUO74qcEAA#/registration

Tinder, Grindr, and More

Thu. Jun. 9, 6:00 pm

View a demo of an actual dating app, and learn about the skills young adults need to navigate these apps safely, including how to avoid scams.

Register; https://us02web.zoom.us/webinar/register/WN_26r488adToatuEWytvZQNA#/registration

Mindfulness & Self Compassion for Teens with ADHD... and Parents, too!

Fri. Jun. 11, 11 am-noon, with replay link

Learn how to help a teen via mindfulness and self compassion — evidence based supports that help anyone to develop resilience and self efficacy.

Register: <https://impactparents.pages.ontraport.net/june-webinars>

Transition University — Self-Paced Course of 5 Sessions

Sun. Jun. 12 to Sun. Aug. 7

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

Register: <https://www.eventbrite.com/e/summer-2022-transition-university-registration-166434543199>

Teaching Consent

Mon. Jun. 13, 6:00 pm

Learn why people with IDD are at risk for sexual violence and strategies for teaching giving and getting consent.

Register: https://us02web.zoom.us/webinar/register/WN_SbWFweqqTJ6fr5e1gH9voQ#/registration

Celebrating Olmstead: Working4INclusion

Tue. Jun. 14, 3:00-4:30 pm, live captioned & with replay link

Learn about the current transition from segregated work to competitive, integrated employment opportunities for individuals with disabilities.

Register: https://us06web.zoom.us/webinar/register/WN_uSdTnqc3TBKFUTCYoY0gug?

Transition Lunch & Learn with a Fairfax-Falls Church Community Services Board (CSB) Expert

Wed. Jun. 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/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsmn_A

For Dads with (and Without) ADHD: How to Understand and Support Your Kids

Wed. Jun. 15, 1 pm

Explore approaches to improve your relationship with your child, and learn strategies to help your child get things done and fulfill their responsibilities.

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

Supported Decision Making and Money Management

Wed. Jun. 15, 6:30-7:30 pm

Explore ways people can use supported decision-making to earn and manage money while maintaining benefits and using Powers of Attorney.

Register:

<https://peatc.org/event/supported-decision-making-and-money-management/>

Supporting LGBTQ+ Youth and Family Members

Thu. Jun. 16, 1:00-2:30 pm, with extended access **\$15-\$0**

Best practices will be discussed for creating an affirming environment for LGBTQ+ youth and LGBTQ+ headed families.

Register: <https://case.myabsorb.com/#/catalog/5889e7ba-e136-4f09-a4b1-937c6146a208> Use coupon code: IDENTITY

Social Security Basics

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

Learn about Supplemental Security Income (SSI) and Social Security Disability Insurance, Survivorship and Disabled Adult Child (SSDI).

Register: <https://us06web.zoom.us/meeting/register/tZlvce-hqTMoHtOFmZmzLyNALzxnW3sGNIQI>

Tech Trouble with Complex Kids? Ask Us Anything!

Fri. Jun; 17, 1-2 pm with replay link

Send general questions in advance or join us live to ask your specific question relating to kids and tech!

Register: <https://impactparents.pages.ontraport.net/june-webinars>

Disability Benefits: Medicaid Waivers in Virginia — In Spanish

Beneficios por Discapacidad: Exenciones de Medicaid de Virginia

Mar. 21 de Jun. 6:30 pm-8:00 pm

Obtenga información sobre las exenciones de Medicaid, la variedad de beneficios, la elegibilidad para los servicios y cómo obtener beneficios.

Registrarse: <https://peatc.org/event/beneficios-por-discapacidad-exenciones-de-medicaid-de-virginia-3/>

How To Talk So Schools Will Listen (And Listen So Schools Will Talk)

Wed. Jun. 22, 6:30 pm

Register: https://us02web.zoom.us/webinar/register/WN_hsSoTkuwSjOOsUO74qcEAA#/registration

Parent Institute

Thu. Jun. 23, 9 am-3 pm and Fri. Jun. 24, 8 am-noon

Parents will be introduced to the special education process, discover new resources, and have opportunities to network.

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

**Suicide, Access to Guns, and Extreme Risk Protection Orders:
What Providers And Families Need to Know**

Fri. Jun. 24, Noon-1 pm, **\$10**

Learn about the importance of gun access as a suicide risk factor and key interventions to restrict access, including Extreme Risk Protection Orders.

Register: <https://www.rosscenter.com/event/suicide-access-to-guns-extreme-risk-protection-orders/>

Waze to Adulthood — In Spanish

Waze a la adultez — *Cursos de 4 horas a su propio ritmo*

Martes 5 de jul. al martes 2 de agosto, en línea

Esta capacitación lo ayudará a pensar en las metas a largo plazo de su hijo y en cómo usar el proceso del IEP para ayudarlo a alcanzarlas.

Registrarse: <https://www.eventbrite.com/e/registro-waze-a-la-aduldez-2022-en-espanol-327302008117>

Plan Ahead — Tech Camp: Tech for Independent Living

Tue. Jul. 12 to Fri. Jul. 15, in-person and virtual multiple formats

Individuals with I/DD and a family member receive training on using apps for travel, employment, safety, and activities of daily living.

Register after July 7: info@thearcofnova.org

Plan Ahead — Parents as Collaborative Leaders Training

Jul. 20 - July 22

Parents of children with disabilities will gain information, resources and skills to become active leaders in policy development and evaluation.

Register: <https://www.eventbrite.com/e/parents-as-collaborative-leaders-training-pacl-2022-registration-297187113657>

Plan Ahead — Parent Institute 2022

Thu. Jun. 23, 9 am-3 pm and Fri. Jun. 24, 8 am-noon

Parents will be introduced to the special education process, discover new resources, and have opportunities to network.

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

Plan Ahead — GMU STEM Summer Saturday — For 9th-12th graders

Sat. Jul. 30, 9 am-3 pm, Nguyen Bldg. 4511 Patriot Cir. Fairfax

Student-centered activities will include team-building, design, the sciences, math, engineering, manufacturing and computer science.

Register: <https://cec.gmu.edu/gmu-stem-summer-saturdays>

Plan Ahead — PACL Advanced Training

August 30 - September 2

Past trainees of Parents as Collaborative Leaders will explore ways to continue to develop their leadership skills and teacher others.

Register: <https://www.eventbrite.com/e/parents-as-collaborative-leaders-advanced-pacl-advanced-2022-registration-297220132417>

Plan Ahead — 2022 Family Engagement Conference

Sat. Jul. 16, 9 am-4 pm

The speakers will focus on equity in family engagement and sustaining effective partnerships with school personnel.

Register: <https://peatc.org/event/2022-family-engagement-conference/>

Ongoing and On Demand

Adult to Adult: Navigating College with ADHD — For HS Seniors

On demand.

Students learn how to work with college disability services and strategies to track and complete assignments.

Register: <https://chadd.thinkific.com/courses/a2a-navigating-college-with-adhd>

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>

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

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 autismsocclub@gmail.com. Join meeting at <https://us02web.zoom.us/j/87204681036?pwd=dIEvRWltZjZdXZtN1g1WlI4SGRJZz09>; 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 Meeting: <https://us02web.zoom.us/j/9466001682>; Meeting ID: 946 600 1682; One tap mobile at (301) 715-8592

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

Heads Up and **Talk It Out** — Teen and Parent Recovery Groups
These are concurrent virtual groups for teens (ages 14-17) who are working through emotional, mental health or substance use challenges and their parents every Thursday 6-7 pm. Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

People First for Young Adults is a social and self-advocacy group for youth with disabilities ages 14-26. It meets monthly on the 2nd Tuesday, 6:30-8:00 pm. Contact: email Diane.Monniq@thearcofnova.org

S.L.A.M. (Share, Learn, Aspire, Mentor) for ages 16-24, meets the 3rd Thursday monthly, 6-8 pm. Contact: Melvin mroy@umfs.org

Youth 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

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.
- **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. **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

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

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, 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 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 .

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

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 .

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 .