

July 2022

## Parent Information 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/>

### **FCPS Mental Wellness Consultation** — *For Parents of Students*

45 min. appointments available by phone or video until Aug 5

Receive guidance from a school psychologist or social worker

on how to support your child's social, emotional, and academic success.

Request a

consultation: <https://docs.google.com/forms/d/e/1FAIpQLSd2sCxLWBN8p4UfKQ8X5PBQyxC5dtlGEgu-NyNtwD6Nqb5k0A/viewform> or Leave a message: 703-503-2520

### **FCPS Mental Wellness Consultation** — *For MS & HS Students*

45 min. appointments available by phone or video until Aug 5

Students can receive guidance and support for anxiety, mood, behavior, or academic challenges or peer or family interactions.

Request a

consultation: <https://docs.google.com/forms/d/e/1FAIpQLSd2sCxLWBN8p4UfKQ8X5PBQyxC5dtlGEgu-NyNtwD6Nqb5k0A/viewform> or Leave a message: 703-503-2520

### **Survey** — **Help Improve the Vocational Fit Assessment Tool**

— *for Youth (ages 18-22) with Mild-Moderate ID and/or their Trusted Adult*

Participate either in-person or online for a series of three interviews over two years. \$40 paid per interview. Info: 352-273-9365 or [yell@phhp.ufl.edu](mailto:yell@phhp.ufl.edu)

Apply: <https://redcap.ucdenver.edu/surveys/?s=N8HR33YJMKDP4MD>

### **National Parks Disability Access Pass**

This is a free lifetime pass for U.S. citizens with permanent disabilities.

Get one at any National Park office, such as at the entrance gate for Great Falls NP.

Information: <https://www.tripsavvy.com/how-to-obtain-the-access-pass-3361868?>

### **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: <https://thearcofnova.org/techcamp/>

### **Plan Ahead** — **Parenting Class (In Spanish)**

#### **Clase para padres**

Martes, 12 julio al 25 octubre, 6-8 pm, en línea

Descubra nuevas formas de fomentar comportamientos apropiados, desarrollar un autoconcepto y una autoestima positivos, y divertirse en familia.

Registrarse; [Email ParentingEducation@fairfaxcounty.gov](mailto:EmailParentingEducation@fairfaxcounty.gov) or 703-324-7720

### **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>

### **REVIVE! Training**

Multiple dates & times

Be prepared for a teen you don't expect to have 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)

### **DMV Connect**

Tue. Jul. 5, 9:30 am-3:30 pm, Bldg. 625, 601 Catocin Cir. NE Leesburg

Make an appointment to transact DMV business at the Ally Advocacy Center in Leesburg.

Register: <https://www.thearcofloudoun.org/event/dmv-connect-2/>

### **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://bit.ly/38kkBvM>

### **Transition Lunch & Learn**

Wed. Jul. 6, 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)

### **Dispute Resolution Options in Virginia**

Wed. Jul. 6, 6:30 pm

This is the last session of a series for those who want to learn more about special education in Virginia.

Register: [https://us02web.zoom.us/webinar/register/WN\\_hsSoTkuwSjOOsUO74qcEAA#/registration](https://us02web.zoom.us/webinar/register/WN_hsSoTkuwSjOOsUO74qcEAA#/registration).

### **Gaslighting, Love Bombing & Beyond: How to Recognize (and End) Toxic Relationships with ADHD**

Thu. Jul. 7, 1 pm, with replay link

Learn why people with ADHD are more susceptible to unhealthy relationships, and how to protect your children (and yourself).

Register: <https://www.additudemag.com/webinar/gaslighting-love-bombing-toxic-relationships-adhd/>

### **Building Strong Parent Advocates**

Mon. Jul. 11 to Aug. 11, 6 hours of self-paced training

Gain a solid understanding of the special education process, to empower you to be your child's best advocate.

Register: <https://bit.ly/3j6DTXT>

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

Mon. Jul. 11, 18 & 25, 7-8 pm

This 3 hr. safe driver and injury prevention program focuses on reducing teenage distracted driving, reckless driving, and DUI.

Register: [www.surveymonkey.com/r/RealityCheckJuly2022](http://www.surveymonkey.com/r/RealityCheckJuly2022)

[Linda.Watkins@inova.org](mailto:Linda.Watkins@inova.org)

### **Understanding the Dynamics of Cyberbullying Technology and Our Youth — In Spanish**

**Comprendiendo la Dinámica de la Tecnología del Ciberacoso y Nuestra Juventud**

Lunes, 11 de julio, 7-8 pm

Conozca los tipos de acoso cibernético, las señales de advertencia y las estrategias que se pueden usar cuando hay jóvenes con discapacidades involucrados.

Registrarse: <https://peatc.org/event/understanding-the-dynamics-of-cyberbullying-technology-and-our-youth-2/>

### **Introduction to ABLEnow**

Tue. Jul. 12, noon-1 pm

Learn how to get the benefits of an ABLEnow account, including more independence, financial security, and quality of life.

Register: <https://register.gotowebinar.com/register/6358517948138951180>

### **Integrated Care for Children with ADHD: How to Form a Cross-Functional Care Team**

Tue. Jul. 12, 1 pm, with replay link

When educators, doctors, and mental health providers work together, their clients benefit. Learn how to provide integrated care for your child.

Register: <https://www.additudemag.com/webinar/integrated-collaborative-care-adhd-children-teens/>

### **How to College: Building Critical "Adulting" Skills in High School**

Tue. Jul. 12, 7 pm

Prepare your teen for transition in multiple ways, from caring for themselves to reaching out to interact effectively with people and organizations.

Register: <https://ectutoring.com/webinar-series>

### **Talk Saves Lives**

Tue. Jun. 12, 7-8 pm

Suicide can be prevented. Learn how by recognizing common risk factors and warning signs, and by learning appropriate responses.

Register: <https://tsl07122022.attendase.com>

### **WAZE to Adulthood** — *for MS & HS students*

Wed. Jul. 13, 10:30-11:30 am OR 6-7 pm OR Thu. Jul. 14, 6-7 pm

Learn ways to use your self-advocacy skills (particularly at your IEP meetings) to plan for the future you want!

Register: [wazestudents2022.eventbrite.com](http://wazestudents2022.eventbrite.com)

### **Accessing Medicaid Waivers**

Wed. Jul. 13, 1-3 pm

Learn how to use Medicaid Waivers to access long term care for individuals with brain injury.

Register: <https://www.dlcv.org/event/accessing-medicaid-waivers>

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

Sat. Jul. 16, 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>

### **Transition Lunch & Learn**

Wed. Jul. 20, 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/tJcqcOuursiHtHPVysnNwEhc3ZXUUZsm\\_A](https://zoom.us/meeting/register/tJcqcOuursiHtHPVysnNwEhc3ZXUUZsm_A)

### **Maladaptive Daydreaming vs. ADHD: Important Similarities and Distinctive Differences**

Wed. Jul. 20, 1 pm, with replay link

Learn about daydreaming disorder and its link to ADHD.

Register: <https://www.additudemag.com/webinar/maladaptive-daydreaming-adhd-mind-wandering/>

### **Let's Talk About Sex: Sexual Health and Wellness Training** — *for Parents*

Wed. & Thu. Jul. 20 & 21, 6-8 pm

Grow your ability to talk with your child with a disability about self care, social skills, and safety related to sexual health.

Register: <https://bit.ly3Nvw4s3>

**Military Benefits, Retirement, and Financial Planning** — *for Active Duty and Retired Military, Veterans, and Reservists*

Fri. Jul. 22, 10:00-11:30 am

A panel will present information on longterm financial planning for military families with a child with a disability.

Register: <https://thearcofnovatrust.org/event/july-22-efmp-community-resource-workshop-series-military-benefits-retirement-and-financial-planning-active-duty-veterans-reservists-zoom-meeting/>

**Talk Saves Lives**

Sun. Jul. 24, 4-5 pm

Suicide can be prevented. Learn how by recognizing common risk factors and warning signs, and by learning appropriate responses.

Register: <https://tsl07242022.attendase.com>

**Meet the Teacher: How to Build Relationships This Back-to-School Season**

Tue. Jul. 26, 1 pm, with replay link

Learn about the types of information to share with teachers to help them best connect with your student.

Register: <https://www.additudemag.com/webinar/meet-the-teacher-adhd-students/>

**Can I Ask for That? Navigating ADA Requests in a Post-COVID World**

Wed. Jul. 27, noon-1 pm, with closed captions.

An ADA expert will field questions on navigating employment, local government services, business transactions, and community events.

Register: <https://thearcofnova.org/workshops/#ADA-questions>

**Gender Differences in Functional Brain Organization**

Wed. Jul. 27, 1pm.

Hear recent findings about how girls with autism differ in several brain centers compared with boys with autism.

Register: <https://www.autism.org/gender-brain-differences-autism>

**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 — Let's Talk About Sex: Sexual Health and Wellness Training** — *for Youth with Disabilities, ages 14-22*

Mondays, Aug.1-29, 6-7 pm

Topics include: boundaries, consent, safe and healthy behavior, and public versus private body parts, places, and behaviors.

Register: <https://www.eventbrite.com/e/youth-sexual-health-and-wellness-upcoming-virtual-sessions-registration-359668316617>

## 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>

**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.logue@fairfaxcounty.gov](mailto:email.gary.logue@fairfaxcounty.gov) or 703 324-8563

**Scholarships for Classes with Fairfax County Parks**

Children of families that receive public assistance (medicaid, free school lunch, SNAP, TANF) are eligible to take one set of classes per quarter for a \$15 registration fee.

Information: <https://www.fairfaxcounty.gov/parks/scholarships>

**NAMI Basics**

This 6-session course is for adults who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms (including ADHD and ASD).

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

**Wrightslaw Special Education Law and Advocacy Training**

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm> \$50-\$90

**Get Ready for College: A Resource for Teens with Disabilities**

Online, Self-Paced 8 Class Course from VCU

This course for high school students with disabilities focuses on preparation for college, selection of a college for best fit, and the disability services process.

Access: <http://vafamilysped.org/Event/j8Gu8yhL54NjdEsQYzfwtg/Event-online-self-paced-free-course-get-ready-for-college-a-resource-for-teens-with-disabilities>

**Access to Success** — *Online Self-Paced 8-class Course for Students with Disabilities*

High school and college students can learn about their disability rights and how to obtain accommodations in college. Use the mp3 files for audio.

Access: <https://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 [autismsclub@gmail.com](mailto:autismsclub@gmail.com). Join meeting at <https://us02web.zoom.us/j/87204681036?pwd=dIEvRWItZjZdXZtN1g1WII4SGRJZz09>; 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@asnva.org](mailto:info@asnva.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)

## 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](mailto: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) .