

September 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/>

Plan Ahead — Dad's Parenting Group — in Spanish

Planifique con anticipación — Grupo de crianza de papa

Miércoles 6 sep. a dic. 6:30-8:30 pm

Se enfoca en cinco características que todos los padres necesitan para ser padres efectivos: conciencia de sí mismo, autocuidado, habilidades de paternidad, paternidad, y relaciones.

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

Plan Ahead — Dad's Parenting Group in English

Wednesdays Sep. 14 to Dec. 6:00-8:30 pm

Focus on five characteristics all fathers need to be effective dads: self-awareness; self-care; fathering, parenting, and relationship skills. Includes meals & activities.

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

Plan Ahead — Collaborative & Proactive Solutions — 1- or 2-day training

Thu. & Fri. Sep. 15 & 16, 9:45 am-5:15 pm **\$119-\$199**

Ross Green will be teaching his model which provides practical, research-based tools for assessment and intervention.

Register: <https://www.eventbrite.com/e/collaborative-and-proactive-solutions-2-day-virtual-training-registration-294727356457>

Plan Ahead — Transition Series 2022 \$50/ family; \$25/ individual

Sat. Sep. 24, & Oct. 29, 8:30 am to 3:00 pm, LMI 7940 Jones Branch Dr., Tysons

This course educates and empowers families and individuals with disabilities transitioning from high school to community services.

Register: <https://thearcofnova.org/programs/transition-series/#register>

Early Bird Registration— Wrightslaw Education Law and Advocacy Conference

Wed. & Thu. Nov. 16 & 17, with Q&A on Mon. Nov. 21

Learn about special education law, rights, tests and measurements, SMART IEPs, and advocacy. **\$155-\$210**

Register by Sep. 15: <https://www.wrightslaw.com/speak/22.11.md.htm>

Survey — Autism and Emergency Response

Responses to this caregiver survey will be used to develop evidence-based autism trainings for first responders.

Access: https://virginia.az1.qualtrics.com/jfe/form/SV_8zYSsbayRT47A90

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

Stronger Together Peer Support Group

8 Weekly Sessions: Tuesday, Sep. 6 – Nov.1, 6:30-8:00 pm

Skills include interpersonal effectiveness, conflict resolution, self-determination, and self-efficacy. Light dinner.

Register: <https://www.eventbrite.com/e/stronger-together-youth-support-group-fall-2022-tickets-381091534037>

Stixrud Webinar Series

Tue. Sep. 6, 6-7 pm

Two neuropsychologists will talk for 15 minutes on a topic and open it up for group discussion by parents of autistic children.

Register: <https://xminds.org/event-4773454?CalendarViewType=1&SelectedDate=9/23/2022>

Back to School with ADHD: Out of the Box Approaches

Tue. Sep. 6, 7-8 pm

Learn about identification of ADHD, school services, parenting strategies, and eligibility for school and post-secondary accommodations

Register: <https://register.gotowebinar.com/register/784029180442636557>

Supported Decision Making During Transition & Beyond

Wed. Sep. 7, 10 am

Learn about supported decision making. how to get started, and how to build a team to help you navigate beyond school.

Register: https://us06web.zoom.us/webinar/register/WN_jayMNTSTTYS8cwPXn4M8BQ

Stand Up Against Street Harassment

Wed. Sep. 7, 4-5 pm

Learn how to safely intervene when you witness street harassment or experience it yourself so that you can teach your kids the same.

Register: <https://righttobe.org/events/stand-up-against-street-harassment-22/>

REVIVE! Training — *in Spanish*

¡REANIMAR! Capacitación

Mie. 7 de septiembre. 7-8 pm

Aprenda qué hacer en una situación de sobredosis, cómo administrar naloxona y qué hacer después. Se pueden proporcionar suministros.

Registrarse: www.fairfaxcounty.gov/community-services-board/heroin-opioids/revivm

The Power of Positive Reinforcement: Why Rewards Trump Punishments for Students with ADHD

Thu. Sep. 8, 4 pm

Positive reinforcement inspires more consistent motivation and better learning outcomes for children with ADHD. Learn how.

Register; <https://www.additudemag.com/webinar/power-of-positive-reinforcement-adhd-students/?>

CATCH My Breath Youth Class — *for grades 7-9*

Thu., Sep. 8–29, 5-6 pm, Sherwood CC, 3740 Old Lee Hwy. Fairfax

Young adults lead fun sessions to encourage healthy habits and confront misinformation about vaping. Snacks & gift cards.

Register: https://web1.myvscloud.com/wbwsc/vafairfaxwt.wsc/iteminfo.html?Module=AR&FMID=1202356&csrf_token=bc9e22b75470fd4f4567f9c3ac7833c36e68560bb430cc5ad41200c8afa61929

"I Can't Focus!" When ADHD Impacts Your Child's Math and Writing Performance

Thu. Sep. 8, 6:30-8:00 pm

Learn strategies and tech tools to help your child work in a more organized way and improve in writing and math.

Register: https://docs.google.com/forms/d/e/1FAIpQLSfDbHxK5j-LeMMldXCXACGY0xRkUq4MtX_zhMF68cksiMP9w/viewform

Anxiety in Children and Adolescents — *Hybrid course*

Thu. Sep. 8, 15, 22, & 29, 7-8 pm, plus online video content. **\$0-\$200**

Learn about the many causes of anxiety and what to do about it, in the family, school, and community. Includes discussion time.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ej97pjqx4ed8c18d&oseq=&c=&ch=>

ADHD Meds for Children and Adolescents — *Hybrid course*

Thu. Sep. 8, 15, 22, & 29, 8:15-9:15 pm, plus online video content **\$0-\$200**

Gain a comprehensive view of how to start, adjust, manage side effects of, and stop ADHD medication. Includes discussion time.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ej97pjl2e78269b&oseq=&c=&ch=>

Financial Planning: How Much is Enough?

Fri. Sep. 9, 10:00-11:30 am

Learn about the "must-haves" in financial planning, and explore strategies for anticipating future needs.

Register: https://us06web.zoom.us/webinar/register/WN_PlrNTPvSS6mXgCxnFueMA

Children's Challenging Behaviors

Sat. Sep. 10, 9:30 am-3:30 pm, 13505 Hillendale Dr. Woodbridge

Learn about typical vs challenging behavior, when to seek help, special education, and community resources. Lunch included.

Register: [email mvictors@verizon.net](mailto:mvictors@verizon.net) or 703 659-9983

The Case for Inclusion: Women with Disabilities in Social Mobility Practices in Higher Education

Tue. Sep. 13, 2:00-2:45 pm,

Learn about strategies that assist students with traumatic brain injury or spinal cord injury to access higher education.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/612>

ADHD and Anxiety at School — *for educators*

Wed. Sep. 14, 3 pm

Although this presentation is aimed at teachers, parents can learn a lot from it to help their child with ADHD.

Register: https://us06web.zoom.us/webinar/register/WN_hw6hDf1SxKyEic0APR2IQ

Family Engagement Conference

Thu. Sep. 15, 8 am to Thu. Sep. 22, 11:30 pm

Gain concrete innovative strategies and methods to work with educators collaboratively toward student success.

Register: <https://www.eventbrite.com/e/2022-virtual-family-engagement-conference-registration-388184649737>

Collaborative & Proactive Solutions (CPS) — 1-2 Day Training

Thu. & Fri. Sep. 15 & 16, 9:45 am-5:15 pm **\$119-\$199**

Gain an overview of the CPS model, including the use of assessments and problem solving.

Register: <https://www.eventbrite.com/e/collaborative-and-proactive-solutions-2-day-virtual-training-registration-294727356457>

Broad Futures Winter Internship

Thu. Sep. 15, noon-1 pm

Learn about a post-secondary, paid internship program for neurodiverse students who plan on college. \$\$ scholarships available.

Register: <https://us06web.zoom.us/meeting/register/tZ0ldOGopzoqG93mMKXrmFWmO2hKxy9P15m->

Supporting Siblings of Children with Disabilities

Thu. Sep 15, 2:30 pm

Learn the challenges and opportunities of how to help siblings of children with disabilities to feel supported.

Register: https://us02web.zoom.us/webinar/register/WN_xSOHQ1LnRMOz2NbkesKilQ#/registration

The Right Questions to Ask Before, During, and After an ADHD Diagnosis

Thu. Sep. 15, 1 pm

Make the most of the process of getting a diagnosis by learning what to look for and ask about.

Register: <https://www.additudemag.com/webinar/adhd-evaluation-diagnosis-treatment-questions/?>

Signs and Symptoms of Eating Disorders: What Families and Schools Need to Know

Fri. Sep. 16, 10:00-11:30 am

Expand your knowledge of facts and myths about eating disorders and how to avoid negative messaging on body image and food.

Register: https://docs.google.com/forms/d/e/1FAIpQLSdz5dQrV8hcejXssfV0dnpmibfnB1hCNBVIm6FaqbXvwbLOvw/viewform?utm_name=

Social Security Basics

Fri. Sep. 16, 10:00-11:30 am

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

Register: [https://us06web.zoom.us/meeting/register/tZEtc-
ioqD4uHdd8p711A-mUOIISAUAXcJ](https://us06web.zoom.us/meeting/register/tZEtc-ioqD4uHdd8p711A-mUOIISAUAXcJ)

Back to What?! Coping Strategies to Successfully Manage the Transition Back to School

Wed. Sep. 21, 7-8 pm

Learn coping strategies for you and your children to manage stress, support academic success, and deal with setbacks.

Register; <https://register.gotowebinar.com/register/6080475648259378703>

Telemedicine for ADHD: What You Need to Know

Wed. Sep. 21, 8 pm

Learn about the advantages and disadvantages of telemedicine, how to find a reputable provider, and the services to expect.

Register: [https://chadd.org/webinars/what-you-should-know-about-
telemedicine-for-adhd-ask-the-expert/](https://chadd.org/webinars/what-you-should-know-about-telemedicine-for-adhd-ask-the-expert/)

Transition Lunch & Learn with an Emphasis on Therapeutic Recreation

Wed. Sep. 21, noon-1:30 pm

Plan for the transition to adult services by learning about therapeutic recreation.

Register: [https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZX
UUZsrn_A](https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A)

Promising Programmatic Practices for People with Dual Diagnosis

Thu. Sep. 22, 2 pm

Learn about a community-based program to treat individuals with mental health and substance abuse disorders.

Register: [https://thearc-
org.zoom.us/webinar/register/1416599732650/WN_SFmuqkHTT1i8VZGtMRr
_BQ](https://thearc-org.zoom.us/webinar/register/1416599732650/WN_SFmuqkHTT1i8VZGtMRr_BQ)

Identifying and Helping a Student with ADHD - for Educators and Coaches

Thu. Sep. 22, 7-8 pm

Parents can learn basic information on ADHD and how to use accommodations and interventions.

Register: https://us06web.zoom.us/webinar/register/WN_jhpV07WTS6O_rVqFqfnkFA

Transition Series 2022 \$50/ family; \$25/ individual

Sat. Sep. 24, & Oct. 29, 8:30 am to 3:00 pm, LMI 7940 Jones Branch Dr. Tysons
This course educates and empowers families and individuals with disabilities transitioning from high school to community services.

Register: <https://thearcofnova.org/programs/transition-series/#register>

The 2e Playbook for Nurturing Gifted Students with ADHD

Tue. Sep. 27, 1 pm, with replay link

Learn how to ensure success from preschool to college for gifted students with disabilities.

Register: <https://www.additudemag.com/webinar/2e-twice-exceptional-gifted-adhd-education-services/>

Gang Prevention — In Spanish

Prevención de pandillas: Un seminario para familias y miembros de la comunidad

Martes, 27 de Sep. 6:00-7:30 pm

Aprenda sobre las pandillas, qué hacen, por qué los jóvenes se unen a ellas, y cómo reducir la participación en pandillas.

Registrarse: https://docs.google.com/forms/d/e/1FAIpQLScBLWqx_dQa3zSHLkJFH6Z82Hp0fPkCW6RRLeL4eJNSsZQQGw/viewform?

Plan Ahead — Parent Child Journey for Parents of Challenging Teens and Young Adults

Wednesdays Oct. 12 to Dec. 21, 8-9 pm **\$50-\$350**

Includes video course with > 10 hours of content in 3-5 min. videos

This course helps parents to identify the source of their child's challenging behavior and learn what to do about it.

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

Plan Ahead — Broad Futures Internship Program

Nov. 15 Application Deadline for Summer 2023

This is a post-secondary, paid internship program for neurodiverse students who plan on college. \$\$ scholarships available.

Access: <https://broadfutures.org/programs/#about-row-2>

Ongoing and On Demand

Advanced Training in Collaborative & Proactive Solutions

Participants will learn how to use the ALSUP assessment and how to solve problems collaboratively. **\$149**

Access: <https://vimeo.com/ondemand/2dayjan22>

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/>

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 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/j8Gu8yhL54NjdEsQYzftwg/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=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 Meeting: <https://us02web.zoom.us/j/9466001682>; Meeting ID: 946 600 1682; One tap mobile at (301) 715-8592

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

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

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

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, April 24 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/a0179kbgrhnj1/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

NOVA Adopt Friends Parent Peer Support Group for adoptive parents meets on the 3rd Thursdays monthly 6:00-7:30 pm.
Zoom: <https://us06web.zoom.us/j/5687947368>

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 .