

October 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/>

### **Plan Ahead — Virginia DMV Comes to The Arc of NOVA**

Mon. Oct. 3, 9:30 am-3:30 pm, 2755 Hartland Rd. #200, Falls Church

Make an appointment to transact DMV business at our office. Bring original documents.

Email: [front.desk@thearcofnova.org](mailto:front.desk@thearcofnova.org) Ask for DMV Connect appt.

### **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.

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

### **Plan Ahead— Wrightslaw Education Law and Advocacy Conference** *Simultaneous interpretation in ASL*

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. **\$165-\$210**

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

### **Planifique con anticipación — Wrightslaw conferencia sobre derecho y defensa de la educación — Interpretación simultánea al español** **\$165-\$210**

Mier. y juév. 16 & 17 de noviembre

Aprenda sobre la ley de educación especial, los derechos, las pruebas y medidas, los IEP SMART y la defensa.

Registrarse: <https://www.wrightslaw.com/speak/22.11.md.htm>

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

### **Sensory-Friendly Hours at the U.S. Botanic Garden**

Sun. Oct. 2, 5:30-7:00 pm, 245 First St. Wash. DC

Families with students with cognitive or sensory disabilities may come to explore the exhibits and for sensory-friendly activities.

Register: [email Maura.Nelson@aoc.gov](mailto:Maura.Nelson@aoc.gov) with your family name and the number of individuals that will be visiting

### **DMV Connect**

Mon. Oct. 3, 9:30 am-3:30 pm, 2756 Heartland Rd #200, Falls Church

Make an appointment to transact DMV business at the the Arc of NOVA. Documents must be originals.  
Register: email: [front.desk@thearcofnova.org](mailto:front.desk@thearcofnova.org) Ask for DMV appt.

### **Navigating Social Security and Department of Social Services Benefits**

Tue. Oct. 4, 11 am

Learn how to apply for disability benefits, who's eligible for the benefits, and how to work while maintaining benefit eligibility.

Register: [https://us06web.zoom.us/webinar/register/WN\\_CNKBFiWsTfi4IY7eXy4k9w](https://us06web.zoom.us/webinar/register/WN_CNKBFiWsTfi4IY7eXy4k9w)

### **Why Is Time So Slippery? Understanding Time Blindness in People with ADHD**

Tue. Oct. 4, 1 pm, with replay link

Learn how ADHD impacts the way individuals see time, plus strategies to manage time more effectively.

Register: <https://www.additudemag.com/webinar/time-blindness-adhd-productivity-management/>

### **Family Engagement: Your Voice Matters**

Tue. Oct. 4, 6-7 pm

Learn the importance of ensuring that your family's voice is heard in collaborations with schools.

Register: <https://peatc.org/event/family-engagement-workshop-series-your-voice-matters/>

### **Transition Lunch & Learn**

Wed. Oct. 5, noon-1:30 pm

Plan for the transition to adult services by learning about supports for employment, transportation, recreation, and day services.

Register: [https://zoom.us/meeting/register/tJcqcOuurjsiHtHPVysnNwEhc3ZXUUZsrn\\_A](https://zoom.us/meeting/register/tJcqcOuurjsiHtHPVysnNwEhc3ZXUUZsrn_A)

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

Wed. & Thu. Oct. 5 & 6, 1:00-4:30 pm, **\$25**

Learn the risk factors and warning signs of mental health challenges in youth, their potential impact, and how to respond.

Register: <https://www.fairfaxcounty.gov/hocode/ereg/Registration.aspx?groupID=47>

### **Special Education: Anatomy of an IEP**

Wed. Oct. 5, 6:30-8:00 pm

Learn about the individual parts of an IEP, and how they are used to develop a customized education plan.

Register: [https://us02web.zoom.us/webinar/register/WN\\_Ap2upLW7Sk2IbdpQ0TYAzg#/registration](https://us02web.zoom.us/webinar/register/WN_Ap2upLW7Sk2IbdpQ0TYAzg#/registration)

### **Healthy Relationships Plus — for high school students**

7 Thu. Oct. 6-Nov. 17, 6:00-7:30 pm, 3740 Old Lee Hwy. Fairfax

Young adult facilitators lead enthusiastic discussions on peer pressure, media literacy, and healthy and unhealthy relationships.

Register: <https://formedfamiliesforward.org/services/middle-school-youth-social-skills/>

### **Dads: Stop The Power Struggles & Get The Respect You Want**

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

Learn strategies to stop common power struggles, get your kids to listen to you, stop their disrespect, and handle chaos at home.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSdbS2ZUHF1ZgFspjbyQ2senCWnCAcpQg1COC5lWL-qSckK0jg/viewform>

### **Social Emotional Learning Screener: What Every Family Needs to Know**

Fri. Oct. 7, 10:00-11:30 am

Social and emotional abilities lead to success in school and beyond. Learn more about SEL in FCPS, the role of the Screener, and SEL at home.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSeiQUZDofD7MPNiF5-xVDXDQwEr-WFIMaxkY0ZPrTvaHQ8JUA/viewform>

### **Estate Planning and Legal Authority**

Fri. Oct. 7, 10:00-11:30 am

Legal authority refers to who may act on your behalf. Learn how to secure your financial future and that of your child.

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

### **Practice Police and First Responder Interactions**

Sat. Oct. 8, 2-5 pm Kenmore MS 200 S. Carlin Spr. Rd. Arlington

Drivers or passengers with a disability can practice interacting with police or first responders. BYO vehicle.

Register: <https://www.arlingtonva.us/Government/Departments/Police-Department/Practice-Emergency-Interactions>

### **Transition University** — *Self-Paced 5 Session Course*

Mon. Oct. 10 to Tue. Nov. 29, 7.5 hours of material

Parents of K-12 students with disabilities can gain helpful information for long term educational planning.

Register: <https://www.eventbrite.com/e/fall-2022-transition-university-registration-409914062997>

### **Preventing Abuse for Kids with Disabilities**

Tue. Oct. 11, 3:30-4:30 pm

Explore practical strategies to prevent abuse and foster healthy relationships for all children, especially those with disabilities.

Register: <https://vcurrtc.org/registration/webcast/index.cfm?webcastID=614>

### **Family Engagement: ABCs of Collaboration**

Tue. Oct. 11, 6-7 pm

Learn the importance of ensuring that all stakeholder's voices are heard in collaborations with schools.

Register: <https://peatc.org/event/family-engagement-workshop-series-your-voice-matters/>

### **Effective Collaborating: Parent, Teacher, Student**

Tue. Oct. 11, 7:30-9:00 pm

For both parents and teachers, this session will focus on how to provide the information that the other needs to benefit the child.

Register: [https://effective\\_collaborating\\_parent\\_teacher\\_student.eventbrite.com](https://effective_collaborating_parent_teacher_student.eventbrite.com)

### **Collaboration: Building Successful Home and School Support Teams**

Wed. Oct. 12, 10:00-11:30 am OR 7:00-8:30 pm

This event is part of the monthly ABA Parent Training.

Access: <https://www.fcps.edu/academics/academic-overview/special-education-instruction/applied-behavior-analysis-aba-program>

### **Planning for Transitions: Between Grades and Out of School**

Wed. Oct. 12, 1 pm

Learn the steps that parents can take both in and apart from IEP meetings to improve transition experiences for their children.

Register: [https://us06web.zoom.us/webinar/register/WN\\_UGwqdshASEGR0VU0CFVDpw](https://us06web.zoom.us/webinar/register/WN_UGwqdshASEGR0VU0CFVDpw)

### **Anatomy of an IEP**

Wed. Oct. 12, 6-8 pm

Explore the sequence and contents of the sections of an Individualized Educational Plan, so that you can participate fully in shaping it.

Register: [https://us02web.zoom.us/webinar/register/WN\\_kbLqiNKnQx6ESvptrbgKmw#/registration](https://us02web.zoom.us/webinar/register/WN_kbLqiNKnQx6ESvptrbgKmw#/registration)

### **A Healthy Mind and Body: The Modern Interplay of Psychotropic Medications, Medical Foods, and Physical Wellness**

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

Gain an overview of how using medical foods, supplements, a healthy lifestyle, and diet can augment children's standard mental health care.

Register: [https://labschool-org.zoom.us/webinar/register/2216609298907/WN\\_gY2dSe1CRGawGVdRARZ\\_UQ](https://labschool-org.zoom.us/webinar/register/2216609298907/WN_gY2dSe1CRGawGVdRARZ_UQ)

### **Stop Banging Your Head Against the Wall: Options for Dispute Resolution in Special Education**

Wed. Oct. 12, 7-8 pm

We will examine the rights of foster, adoptive, and kinship caregivers regarding dispute resolution, various options, and pros and cons of each.

Register: <https://register.gotowebinar.com/register/7078275853396411661>

### **Getting Ready to Launch: Setting up Middle and High School Students for Success and Independence**

Thu. Oct. 13, 1pm, with replay link

Learn strategies to support teens with ADHD as they make transitions while their executive functions are under developed.

Register: <https://www.additudemag.com/webinar/school-success-independence-teens-adhd/>

### **Promoting Digital Wellness**

Fri. Oct. 14, 10:00-11:30 am

Understand how the online world makes technology irresistible, and how to build the skills kids need to safely navigate life online.

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

### **Loudoun Job Fair for People with Disabilities**

Sat. Oct. 15, 10 am-1 pm, 24950 Riding Center Dr. South Riding

Consider full-time, part-time and seasonal positions, attend educational workshops, and explore programs and resources from providers.

Register: <https://www.thearcofloudoun.org/event/loudoun-job-fair/>

### **ADHD Resource Fair**

Sat. Oct. 15, 9:00 am-12:30 pm, Vienna CC, 120 Cherry St. SE, Vienna

Meet businesses and organizations, and learn how their services can support you or a family member with ADHD.

Register: [https://chadd\\_2022\\_resource\\_fair.eventbrite.com](https://chadd_2022_resource_fair.eventbrite.com)

### **Family Engagement: Strengthening Trust in Partnerships**

Tue. Oct. 18, 6-7 pm

Learn the importance of ensuring that all stakeholder's voices are heard in collaborations with schools.

Register: <https://peatc.org/event/family-engagement-workshop-series-your-voice-matters/>

### **Understanding Your Options: Diagnosis and Treatment for ADHD**

Tue. Oct. 18, 7:30-9:00 pm

Learn about ADHD diagnosis, treatments proven to be beneficial, and how to choose the right clinician for medication management.

Register: [https://understanding\\_your\\_options.eventbrite.com](https://understanding_your_options.eventbrite.com)

### **REVIVE! Training — in Spanish**

#### **¡REANIMAR! Capacitación**

Miér. 19 de octubre, 11 am-12 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](http://www.fairfaxcounty.gov/community-services-board/heroin-opioids/revivm)

### **Transition Lunch & Learn**

Wed. Oct. 19. noon-1:30 pm

Plan for the transition to adult services by learning about the supportive decision making process.

Register: <https://us06web.zoom.us/meeting/register/tZwpceysrT4iHtLq8xMpk521618VpRN1L7rJ>

### **When ADHD Triggers Emotional Outbursts: Scripts for Your Flashpoints**

Wed. Oct. 19, 1 pm

Learn how to identify triggers and develop awareness and language tools to intervene with flooding, rejection sensitivity, and frustration.

Register: <https://www.additudemag.com/webinar/anger-management-outbursts-adhd-triggers/>

### **Measurable IEP Goals**

Wed. Oct. 19, 6:30-8:00 pm

Learn how to participate in developing IEP goals that will effectively guide instruction to help your child.

Register: [https://us02web.zoom.us/webinar/register/WN\\_Ap2upLW7Sk2lbdpQ0TYAzg#/registration](https://us02web.zoom.us/webinar/register/WN_Ap2upLW7Sk2lbdpQ0TYAzg#/registration)

### **Developing Social & Emotional Skills: A Proven Route to Success**

Wed. Oct. 19, 7:30-8:45 pm **\$10**

Parents can help children develop skills to manage feelings and control their behavior, through everyday routines and family interactions.

Register: <https://www.eventbrite.com/e/developing-social-and-emotional-skills-proven-route-to-success-tickets-425089944467>

### **The Power of the Parent in Conflict and Bullying**

Thu. Oct. 20, 1:00-2:30, with extended access; Code: CONFLICT

Learn how bullying relationships form, effective solutions to end bullying, and how to handle youth conflict with school staff.

Register: <https://adoptionssupport.org/syfwwebinars/>

### **More Than Sad: Parent Education**

Sun. Nov. 21, 4-6 pm,

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

Register: <https://mtsssc10022022.attendase.com>

### **Self-Employment and Benefits**

Tue. Oct. 25, 2:00-2:45 pm

Learn about SSI and SSDI benefits as well as how to help those who receive disability benefits to reduce their reliance on them.

Register: <https://vcurrctc.org/training/webcasts/webcastDetails.cfm/617>

### **It's Complicated: When ADHD comes with Anxiety**

Tue. Oct, 25, 7:30-9:00 pm

Explore the interplay between ADHD and an anxiety disorder, and gain strategies to more effectively manage symptoms.

Register: [https://its\\_complicated\\_adhd\\_and\\_anxiety.eventbrite.com](https://its_complicated_adhd_and_anxiety.eventbrite.com)

### **ADHD Is a Whole-Life, Whole Body Experience**

Wed. Oct. 26, 1 pm, with replay link

Increase your understanding of how ADHD affects all areas of the body and how accepting (not rejecting) ADHD can yield positive effects.

Register: <https://www.additudemag.com/webinar/effects-of-adhd-whole-life-body/>

### *Managing Stress — in Spanish*

#### **Manejar los momentos estresantes de la vida**

Miér. 28 de oct. 10 am

Hablaremos sobre el estrés, qué es, cómo afecta a los adultos, y cómo afecta al rendimiento escolar de los niños.

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

## Ongoing and On Demand

### **Gun Violence Prevention Resources**

<https://www.fcps.edu/resources/student-safety-and-wellness/gun-violence-prevention-resources>

### **Back-to-School ADHD Master Class — Self-Guided Course**

This 10-part multimedia course has modules on accommodations, executive functions, behavior challenges, learning differences, etc.

Register: <https://www.additudemag.com/download/adhd-school-master-class-ceus-teachers-parents/>

### **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](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 [autismsocclub@gmail.com](mailto:autismsocclub@gmail.com). Join meeting at <https://us02web.zoom.us/j/87204681036?pwd=dIEvRWItZjZdXZtN1g1WlI4SGRJZz09>; 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: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-goW5pDxJjOTBw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdXeIGDRnqHnPu6fqHBBYlQ-1tBB6WtP_9d-goW5pDxJjOTBw/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:email_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 Parents and Caregivers** meets on the 2nd Thursday of the month, 6-7 pm via Zoom. <https://us02web.zoom.us/j/9466001682#success> 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](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/a0179kbgrhni1/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

**Hablemos education especial** es un grupo de discusión de padres de habla hispana y de un estudiante autista. Se reúnen virtualmente el primer miércoles de cada mes de 7:00-7:45 pm Registrarse: <https://xminds.org/event-4522635>

**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>

**Military Families Support Group** meets the 1st Tuesday monthly at 7-8 pm for military families of all disabled dependents. Access: <https://us02web.zoom.us/j/9466001682#success> OR [Emaildirector@asnv.org](mailto:Emaildirector@asnv.org) for details

**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

**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](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)

**People of the Global Majority** is a discussion group for BIPOC parents of children with autism. They meet virtually on the 1st Monday monthly at 7:00-7:45 pm. Register: <https://xminds.org/event-4534279>

**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)

**Small Steps Together** is a discussion group for parents of preschool and elementary children with autism. They meet virtually on the 4th Monday monthly at 7:00-7:45 pm. Register: <https://xminds.org/event-4778134>

**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) .