

December 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/>

### **Two 9-1-1 Pre-Notification Programs Are Now Available**

Both allow prior registration so that first responders will be aware of the special needs of individuals at the scene.

#### ***Fairfax County Emergency Health Profiles***

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

Ongoing medical and behavioral health conditions can be included, along with emergency contact information.

#### ***Fairfax County Community Connect***

<https://www.communityconnect.io/info/va-fairfax-county>

The special needs of individuals, and information about pets and your residence can be included with emergency contacts.

### ***Multi-State Research Study — Parent Satisfaction in Special Education Process***

A set of best practices for increasing parent satisfaction in the process will be devised and publicized for use in parent advocacy.

Survey: <https://bit.ly/3ERAaZW>

### **Building Strong Parent Advocates — *Self-Paced Course***

Continuing until Mon. Dec. 12, 6 hours of content

Build a solid foundation to understand the special education process while being empowered to be your child's best advocate.

Register: <https://www.eventbrite.com/e/building-strong-parent-advocates-registration-445306934027>

### **Connecting the Dots: Medicaid Waivers**

Thu. Dec. 1, 12:30 pm -1:00 pm

Find out ways your child with long-term care needs might benefit from and qualify for one of several Medicaid Waivers in Virginia.

Register: [https://us02web.zoom.us/webinar/register/WN\\_iqfwZDeLSZG5MSOMCDix-Q#/registration](https://us02web.zoom.us/webinar/register/WN_iqfwZDeLSZG5MSOMCDix-Q#/registration)

### **College Steps Panel**

Thu. Dec. 1, 4-5 pm

Hear from a panel about the College Steps support process to help neurodiverse students during their college experience at NVCC.

Register: <https://www.eventbrite.com/e/college-steps-qa-panels-fall-2022-tickets-458554758627?>

### **Your Voice Matters**

Thu. Dec. 1, 6-7 pm

Learn about advocacy, including practical, effective approaches to interacting with your child's school that will benefit your child and family.

Register: [https://us02web.zoom.us/webinar/register/WN\\_G4QjYt7QR2avPm98LJTywA#/registration](https://us02web.zoom.us/webinar/register/WN_G4QjYt7QR2avPm98LJTywA#/registration)

### *Meet the Author Series — **The 5 Love Languages of Teenagers***

Fri. Dec. 2, 10-11 am

Hear from the author of this book as he shares his insights and thoughts about loving our teens and influencing them in positive ways.

Register: [https://docs.google.com/forms/d/e/1FAIpQLSfJhtUcZ7oCkegJ2Se9Obb0UcFrERDQxmz\\_lzh0vuZcKCyz\\_Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfJhtUcZ7oCkegJ2Se9Obb0UcFrERDQxmz_lzh0vuZcKCyz_Q/viewform)

### **Social Security, In Depth**

Fri. Dec. 2, 10:00-11:30 am

Learn about the federal government programs that provide benefits for individuals with disabilities, including how and when to apply.

Register: [https://us06web.zoom.us/webinar/register/WN\\_Hg6ZLBOHSOehxSF2c93liA](https://us06web.zoom.us/webinar/register/WN_Hg6ZLBOHSOehxSF2c93liA)

### **Travel Training Monthly Metro Trip**

Fri. Dec. 2, 10 am, Dunn Loring Metron Station

Accompanied by an adult, an individual with a disability can learn basic travel skills and become more comfortable traveling on the Metro.

Register: <https://form.jotform.com/222993964149168>

### **IEP Palooza**

Sat. Dec. 3, 8:30 am-noon, AHS 4700 Medford Dr. Annandale

A simulated IEP meeting will be followed by breakout sessions on the components of an IEP. Resource Fair included.

Register: <https://www.eventbrite.com/e/iep-palooza-and-community-resource-fair-tickets-450534951167?aff=ebdssbdestsearch>

### **Virginia Autism Hope Summit**

Sat. Dec. 3, 9 am-5 pm, 100 Darden Blvd, Charlottesville

This conference will include two keynotes, five choices for each of two breakout sessions, research updates, and time for networking.

Register: <https://whova.com/web/5gceTdk%40DPnAPLAdPY5SMLSno5gl7PH0KI3OkFVHb6s%3D/>

### **Assessment, Testing, and Understanding**

Tue. Dec. 6, 7:00-8:30 pm, with **Spanish** Interpretation

Learn common myths about testing and best practices for assessing neurodiverse children who may have special needs.

Register: <https://xminds.org/event-5028034>

### **Introduction to Fetal Alcohol Spectrum Disorders (FASD)**

Wed. Dec. 7, 10: am-noon

Learn how to view difficult behaviors, and learning challenges of these children as symptoms of brain dysfunction and not willful opposition.

Register: <http://events.r20.constantcontact.com/register/event?llr=hs49vtfab&oeidk=a07ejcya57be71413d6>

### **Transition Lunch & Learn**

Wed. Dec. 7, 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/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn\\_A](https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A)

### **Autism and Pica**

Wed. Dec. 7, 1 pm

Learn about pica, a self-injurious behavior involving the ingestion of non-food substances and its treatment.

Register: <https://www.autism.org/autism-pica/>

### **The Intersection of Future Planning and Special Education Transition Planning**

Wed. Dec. 7, 2:00 pm, with replay link

Consider how families, educators, and others can collaborate with a student during the transition planning process.

Register: [https://thearc-org.zoom.us/webinar/register/2716654114945/WN\\_iAKjZfnDRmWK9w9jdOnRLg](https://thearc-org.zoom.us/webinar/register/2716654114945/WN_iAKjZfnDRmWK9w9jdOnRLg)

### **“I Can’t Focus!” When ADHD Impacts Your Child’s Math & Writing Performance**

Wed. Dec. 7, 7 pm

Gain research-based math study strategies and tools to help your student get started on assignments (and finish them!)

Register: [https://us06web.zoom.us/webinar/register/WN\\_DirQKauQSaWTxT8dOF0igQ?](https://us06web.zoom.us/webinar/register/WN_DirQKauQSaWTxT8dOF0igQ?)

### **Cultural Bias in the Special Education Evaluation Process**

Wed. Dec. 7, 7:00-8:30 pm

Become familiar with best practices for improving equity and positive outcomes for children of color with special needs.

Register: [https://labschool-org.zoom.us/webinar/register/4216612782225/WN\\_imkLqXHmTfSc2iDy-dMBGA](https://labschool-org.zoom.us/webinar/register/4216612782225/WN_imkLqXHmTfSc2iDy-dMBGA)

*How to Conduct Positive Productive IEP Meetings — In Spanish*

### **Cómo llevar a cabo reuniones de IEP positivas y productivas**

Mier. 7 de diciembre, 7-8 pm

Aprenda estrategias para aumentar la comunicación y prevenir conflictos en la reunión del IEP de su hijo.

Register: [https://us02web.zoom.us/webinar/register/WN\\_6Xp9GusuSNSon4hZZi\\_y9w#/registration](https://us02web.zoom.us/webinar/register/WN_6Xp9GusuSNSon4hZZi_y9w#/registration)

### **How to Talk to Your Kids About Technology**

Thu, Dec. 8, 9 am

Learn how you can optimize the dialogue you are having with your kids in your quest to maintain a healthy use of technology.

Register: <https://www.eventbrite.com/e/how-to-talk-to-your-kids-about-technology-tickets-465797221027>

### **New Digital Therapeutics for ADHD in Children**

Thu. Dec. 8, 1pm

Learn about the new technologies that use video games, apps, and virtual reality to treat ADHD symptoms.

Register: <https://www.additudemag.com/webinar/neurotechnology-options-adhd-treatment-children/>

### **Mental Health, College Transfer Students, and Project College Success**

Thu. Dec. 8, 2:00-2:45 pm

The focus will be on the support needed for college transfer students with mental health challenges both locally and nationally.

Register: <https://vcurrctc.org/training/webcasts/webcastDetails.cfm/1635>

### **Disability Benefits: VA's Medicaid Waivers**

Thu. Dec. 8, 7-8 pm

Learn about Virginia state disability services, known as Medicaid Waivers: what they provide, eligibility, and how to obtain benefits.

Register: [https://us02web.zoom.us/webinar/register/WN\\_Zmp5RrvRStaglCAD1vQIZA#/registration](https://us02web.zoom.us/webinar/register/WN_Zmp5RrvRStaglCAD1vQIZA#/registration)

### **Turning 18 in Virginia: What Individuals with Disabilities Need to Consider**

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

Is your 17 yr old ready to make legal, financial, medical, and educational decisions in their life? Learn how to prepare for age 18.

Register: [https://us02web.zoom.us/webinar/register/WN\\_7vHJqMWqQbqI7ErIRbR0uA#/registration](https://us02web.zoom.us/webinar/register/WN_7vHJqMWqQbqI7ErIRbR0uA#/registration)

### **Strategies and Means to Support the Family to Deal with Psychological Stress — In Arabic**

**إستراتيجيات ووسائل لدعم الأسرة للتعامل مع الضغوطات النفسية الجزء 1**

الجمعة الموافق 9 ديسمبر/كانون الأول 2022، الساعة 10 صباحاً

تعرف على تأثير الضغط النفسي على الأسرة والطرق التي يمكن أن يتكيف بها أفراد الأسرة للحد من هذا التوتر.

يسجل: <https://www.fcps.edu/event/astratyiyat-wwsayl-ldm-alarst-lltaml-m-aldghwtat-alfsyt-stress-management-strategies-and>

### **Access to SPY at the International Spy Museum**

Sun. Dec. 11, 8-10 am, 700 L'Enfant Plaza SW, Washington, DC

This sensory-friendly program is geared for families who have an autistic child or an individual with sensory processing differences.

Register: <https://go.spymuseum.org/e/969033/View.aspx-node-id-11159--10327/3j6sk1/1169329347?>

### **Project Horse Teen Empowerment — For ages 13-17. \$115**

Sun. Dec. 11, noon-1:30 pm, 18915 Lincoln Rd. Purcellville; Needs based funding may be available.

Join with our healing herd for ground based hands-on horse time to develop, practice, and enhance skills and build friendships.

Register: <https://thearcofloudoun.dm.networkforgood.com/forms/project-horse-teen-empowerment-inquiry-pre-survey>

### **Creating Integrated Employment Opportunities for People with Disabilities**

Tue. Dec.13, 2 pm

Learn how an individual in NY State developed facilities to create diverse employment opportunities for people with disabilities.

Register: [https://thearc-org.zoom.us/webinar/register/7616632758940/WN\\_AmZZysRaQeKpyFJNa7K48A](https://thearc-org.zoom.us/webinar/register/7616632758940/WN_AmZZysRaQeKpyFJNa7K48A)

### **Let's Talk About Sex: Sexual Health and Wellness Workshop — for PARENTS of Students with IDD**

Tue. Dec. 13 & Wed. Dec. 14, 6-8 pm

Learn why and how to help youth with IDD to learn appropriate behaviors and gain self-care, safety, and social skills.

Register: <https://www.eventbrite.com/e/lets-talk-about-sex-sexual-health-and-wellness-training-registration-458482893677>

### **Emotion Regulation Difficulties in Youth: ADHD Irritability vs. DMDD vs. Bipolar Disorder**

Wed. Dec. 14, 1 pm

Learn about mood disorders and next steps to take for a child experiencing frequent emotion regulation difficulties.

Register: <https://www.additudemag.com/webinar/dmdd-bipolar-adhd-irritability-youth-mood-disorders/>

### **Understanding Your Parenting Style and Why It Matters**

Wed. Dec. 14, 7-8:30 pm

This Parent Café meeting will provide information on parenting styles and opportunities for discussion.

Register by Dec. 13: [email\\_buildingstrongerfamilies@fairfaxcounty.gov](mailto:email_buildingstrongerfamilies@fairfaxcounty.gov) or call 703-324-7720

*Your Voice Is Important - In Spanish*

**Su Voz es Importante**

Mier. 15 de diciembre 15, 7-8 pm

Aprenda sobre la defensa, incluidos enfoques prácticos y efectivos para interactuar con la escuela de su hijo que beneficiarán a su hijo y su familia.

Registrarse: <https://peatc.org/event/su-voz-es-importante-your-voice-matters/>

**Social Security Basics**

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

Learn about Supplemental Security Income (SSI) and Social Security, benefits for adults with disabilities, including when and how to apply.

Register: <https://thearcofnovatrust.org/event/social-security-basics-zoom-meeting-2/>

*Strategies for Handling Stress — in Spanish*

**Estrategias de manejo del estrés**

Viernes, 16 de diciembre, 10 am

Aprende sobre el autocuidado: qué es, por qué es importante, cómo cuidarse, técnicas de relajación y gestión del tiempo.

Registrarse: [https://docs.google.com/forms/d/e/1FAIpQLSeco-umUAHxpZa4XoeUDgnNcke1moHvJfTxInF-M64\\_7Olylw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeco-umUAHxpZa4XoeUDgnNcke1moHvJfTxInF-M64_7Olylw/viewform)

**Tech for Independent Living Workshop**

Mon. Dec. 19 & Tue. Dec. 20, 2755 Hartland Rd. # 200, Falls Church

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

Register: <https://form.jotform.com/222993947325165>

*REVIVE! Training — in Spanish*

**¡REANIMAR! Capacitación**

Martes, 20 de diciembre, 11 am

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)

*Plan Ahead* — **Collaborative & Proactive Solutions** — 1 or 2 Day(s)

Thu. Jan. 12 & Fri. Jan. 13, 9:45 am-5:15 pm **\$119-\$199**

Gain an overview of the Collaborative & Proactive Solutions model including the use of assessments and problem solving.

Register: <https://www.eventbrite.com/e/collaborative-and-proactive-solutions-2-day-virtual-training-registration-421369777347>

## **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/>

### **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: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)

## 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=dIEvRWltZjlZdXZtN1g1WlI4SGRJZz09>; Meeting ID: 872 0468 1036; Passcode: 276691

**ASNV Teen Time** for youth, age 13-19 with ASD, meets virtually Tuesdays, 6-7 pm. Contact: [info@asnv.org](mailto:info@asnv.org) Meeting: <https://us02web.zoom.us/j/9466001682#success> 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](mailto: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-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](https://www.google.com/groups?ik=ARLEpilepsy)

**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, 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/a0179kbgrhnj1/questions>

**Embark in the DC Metro Parent Support Group** is for parents of children and youth with mental health challenges. It meets virtually on alternate Thursdays, noon-1 pm. Register: <https://www.embarkbh.com/event/dc-metro-virtual-parent-support-group/>

**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** hosts 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 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 educación 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>

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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>

**Infinity ABA Parent Connect** for families with an child with autism meets online on the 2nd Thursday monthly at 7:00-8:30 pm Guest speakers, discussions, and resources. Register: <https://www.infinityaba.com/events/>

**Kinship Café** meets online 6:30-8:00 pm the 1st 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 Email [director@asnv.org](mailto:director@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 Connection Support Group for Young Adults** (18-36) meets on the 3rd Tuesday monthly, 7:30-9:00 pm. Register: [email\\_youngadults.nami.nova@gmail.com](mailto:email_youngadults.nami.nova@gmail.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

**Parent Support for Raising Children with FASD** (fetal alcohol spectrum disorders) meets monthly on the 3rd Monday, Oct. 17 through Mar. 20, 1-2 pm. Register: Email Carey Tompkins, [tompkinscounseling@gmail.com](mailto:tompkinscounseling@gmail.com) your name and a brief explanation of your interest in the group.

**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) health

**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) .