

January 2023

## Parent Information Relating to Special Education

All these opportunities are **FREE** unless noted.

**Todos estos** eventos son **gratuitos** excepto donde se indique.

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/>

### **New Mental Health Services for Youth Available**

Short-term, solution-focused treatment (8-10 sessions) and care coordination with peer support now available for follow-up care. Contact: <https://www.jssa.org/healthymindsfairfax/> **\$ varies**

*Mental Health Peer-Run Warm Line — in Spanish*

### **Línea cálida de salud mental dirigida por pares**

Este servicio es para personas que buscan recursos de salud mental o para quienes se preocupan por ellos.

Llama o envía un mensaje de texto 1-866-400-MHAV (6428)

### **Youth Advisory Council Seeks Applicants Age 14-22**

Youth with experience in foster care, JDRC, mental health, or homelessness are sought to attend meetings. Training, assistance, and a stipend \$ will be provided.

Apply: <https://jssa.jotform.com/211786529319061> or contact Maddie Stewart-Boldin, at [mstewart-boldin@jssa.org](mailto:mstewart-boldin@jssa.org)

### **2023 OAR Scholarships**

Application due April 24, 2023

Students with autism may apply for three separate scholarships of \$3,000 for postsecondary education or training.

Apply: [scholarships@researchautism.org](mailto:scholarships@researchautism.org)

### **GWU/GMU Autism Research Study — for ages 5-17**

Participants play child-friendly computer games while their gaze and brain function is tracked. \$90 for participation.

Apply: email Chelsea Armour [aarmour@childrensnational.org](mailto:aarmour@childrensnational.org) or [andilab@email.gwu.edu](mailto:andilab@email.gwu.edu)

*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>

**REVIVE! Training**

Multiple dates & times

Be prepared for an overdose! Learn how to administer naloxone, and what to do afterwards. Receive supplies.

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

**Transition Lunch & Learn**

Wed. Jan. 4, 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)

**Using the IEP as a Launch Pad**

Thu. Jan. 5, 11 am

Learn how to identify and focus on the parts of the IEP that can align to your child's future career and personal goals.

Register: [https://us06web.zoom.us/webinar/register/WN\\_Jc\\_OUnorRxekiCMIaz\\_wNw](https://us06web.zoom.us/webinar/register/WN_Jc_OUnorRxekiCMIaz_wNw)

**How to Combat Procrastination in the New Year**

Thu, Jan. 5, 1 pm

Consider why and how ADHD is related to a personal procrastination pattern, and how to decrease triggers.

Register: <https://www.additudemag.com/webinar/stop-procrastinating-setting-goals-adhd/>

**Safe & Healthy Boundaries** — *for Youth with IDD age 14-22*

Thu. Jan. 5, 12 & 19, 6-7 pm

This is the first of three sexual health trainings to increase a student's capacity for self-advocacy and decision-making.

Register: <https://www.eventbrite.com/e/youth-sexual-health-and-wellness-upcoming-virtual-sessions-registration-481673377037>

### **ABLE Accounts and Special Needs Trusts**

Fri. Jan. 6, 10:00-11:30 am

Learn about these two programs to determine which would be helpful for your family's situation due to a disability.

Register: [https://us06web.zoom.us/webinar/register/WN\\_Wy0ger7hTvO\\_eRsfMESxOg](https://us06web.zoom.us/webinar/register/WN_Wy0ger7hTvO_eRsfMESxOg)

### **IEP University (IEPU) — Self-Paced Course**

Mon. Jan. 9 to Sun. Jan. 29, with access 24/7

Get accurate and useful information about IEP development and meetings including many practical strategies.

Register:: <https://www.eventbrite.com/e/iep-university-iepu-registration-468699381467>

### **Family Math Week**

Mon. Jan. 9-Fri. Jan. 13

Enjoy games and stories that delight all ages, and work toward our goal of 1 MILLION minutes!

Access: <https://www.mindresearch.org/fcps-math-week?>

### **REVIVE! Training — in Spanish**

#### **¡REANIMAR! Capacitación**

Lunes. 9 de enero, 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)

### **Bystander Intervention for Youth: How to Show Up for Others — for grades 8-12**

Mon. Jan 9, 6 pm

Five strategies for intervening to stop harassment will be provided and practiced while prioritizing student safety.

Register: [https://zoom.us/webinar/register/WN\\_HWWmmt5QTdOUgPE-j8Pxtw](https://zoom.us/webinar/register/WN_HWWmmt5QTdOUgPE-j8Pxtw)

### **It's Real: Teens and Mental Health — for Adults**

Tue. Jan. 9, 7-8 pm

This program raises awareness about mental health, how to start a conversation about it, the importance of self-care, and how to get help.

Register: <https://ncacitsrealteens01092023.attendase.com>

### **Finding the Fuel for Learning & Emotional Well-Being**

Tue. Jan. 10, 3:30-4:30 pm

A review of the science of learning will be followed by a discussion of the need to measure and enhance learner engagement.

Register: <https://vcurrctc.org/training/webcasts/webcastDetails.cfm/616>

### **Supported Decision-Making Training Series**

Tuesdays Jan. 10, 17, 24, and Feb. 2, 6:30-7:30 pm

A thorough training for initiating the process for individuals with IDD to make decisions with support from people they choose.

1/10 - What is Supported Decision-Making and What Kind of Support Do I Want?

1/17 - When Do I Want Support Discovery Tool

1/24 - Relationship Map Tool and Selecting Your Supporters

2/2 - Completing Virginia's SDMA Template

Register: [https://us02web.zoom.us/webinar/register/WN\\_9QrLv2npSPuFk4A-c9KH\\_g#/registration](https://us02web.zoom.us/webinar/register/WN_9QrLv2npSPuFk4A-c9KH_g#/registration)

### **IDEA to ADA: The Difference Between High School and College Accommodations — for ages 14+**

Tue. Jan. 10, 7-8 pm

Learn about accommodations in colleges; the process for requesting them; and ways to prepare for the transition.

Register: <http://bit.ly/3XbXo3R>

### **Understanding IEPs v. 504 Plans v. Service Plans and Accommodations v. Modifications: What Supports Are Right for Your Child?**

Tue. Jan. 10, 7 pm, Spanish interpretation available

Learn about education support plans and examples of accommodations and modifications for students with autism.

Register: <https://xminds.org/event-5050686>

### **#WINNING: What Does a Successful Post Secondary Transition Look Like for Students with ADHD?**

Tue. Jan. 10, 7:30-9:00 pm

Consider the difference in supports in high school and college, and possible benefits to options other than straight to college.

Register: <https://www.eventbrite.com/e/winning-what-does-a-successful-post-secondary-transition-look-like-tickets-492009362247>

### **Worried Parents, Anxious Kids: How to Help Your Student Manage Anxiety and Improve School Performance**

Tue. Jan. 10, 7 pm, with replay link

Gain practical strategies to improve parent-child communication and learn about the SPACE parent-based treatment program.

Register: [https://us02web.zoom.us/webinar/register/4116709457090/WN\\_97IKYP-yTcaAYAgQ76oTXw](https://us02web.zoom.us/webinar/register/4116709457090/WN_97IKYP-yTcaAYAgQ76oTXw)

### **Motivating the Unmotivated: Strategies for Middle and High School Students with ADHD**

Wed, Jan. 11, 1 pm, with replay link.

Learn how to help tweens and teens with ADHD develop the accountability and autonomy that fosters success.

Register: <https://www.additudemag.com/webinar/how-to-motivate-teens-adhd/>

### *Strengthening Families - for parents and tweens — in Spanish*

**Familias Fuertes** — Grupo de padres y jóvenes (10-15 años)

Cada miércoles 6-9 pm, 11 de enero al 22 de febrero, Falls Church HS 7521 Jaguar Trail, Falls Church

Las familias pueden volverse más unidas y felices a través de discusiones, juegos, dramatizaciones y proyectos familiares. Cuidado de niños, cena, y sorteos incluidos.

Registrarse: [https://scanfamilies.org/wp-content/uploads/2022/12/Jan-2023-SF-flyer\\_falls-church-high.pdf](https://scanfamilies.org/wp-content/uploads/2022/12/Jan-2023-SF-flyer_falls-church-high.pdf)

### **Responding to Your Child's Resistance to Learning**

Wed. Jan. 11, 7 pm

Learn the causes of resistance to learning and strategies for new ways of communicating to support children learning at home.

Register: [https://us06web.zoom.us/webinar/register/WN\\_OUWRPfGcT6e5LWvaMlvUKg?](https://us06web.zoom.us/webinar/register/WN_OUWRPfGcT6e5LWvaMlvUKg?)

### **It's (not just) Academic: Preparing for that Impending Post-Secondary Phase**

Wed. Jan. 11, 7:00-8:30 pm

Consider key questions for the post-secondary transition: What skills to focus on? What goals to aim for? Which steps & when?

Register: [https://labschool-org.zoom.us/webinar/register/9616612784597/WN\\_7n0t97UuQueYRAHxg-epxA](https://labschool-org.zoom.us/webinar/register/9616612784597/WN_7n0t97UuQueYRAHxg-epxA)

### **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>

### **Pregnancy & Human Reproduction**

Thu. Jan, 12, 6-7 pm, — *for Youth with IDD ages 14-22*

This training is designed to increase a youth's capacity for self-advocacy, decision-making, and personal safety.

Register: <https://www.eventbrite.com/e/youth-sexual-health-and-wellness-upcoming-virtual-sessions-registration-481673377037>

### **Neurodiversity: What Do You Mean We are All Neurodiverse?**

Thu. Jan. 12, 6:30 pm, OR Fri. Jan. 13, 10 am

Consider the relationship between neurodiversity and student engagement. How can we increase inclusion for all students

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

### **Anxiety in Children and Adolescents**

Thu. Jan. 12 & 19, 7-8 pm, with on demand video course

Live discussion will include: diagnosis, cognitive-behavioral therapy, parent accommodation reduction and more. **\$200-\$0**

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ejfr1u4i4a0914bf&oseq=&c=&ch=>

### **Talk Saves Lives**

Thu. Jan. 12, 8-9 pm

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

Register: <https://ncactsl01122023.attendease.com>

**ADHD Management Parent Group      \$200-\$0**

Thu. Jan. 12 & 19, 8:15-9:15 pm, with on demand video course

Live discussion will include: how and why to do a medication trial, managing side effects, uneven coverage, and discontinuation trials.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ejfr1u4g08f96adb&oseq=&c=&ch=>

**Executive Functioning Challenges for ASD Students**

Fri. Jan. 13, noon-1 pm

We will answer your questions and offer practical ideas to strengthen executive function skills. Spanish Interpretation will be available

Register: <https://xminds.org/event-5053939>

**Ice Skating Get Together for Adoptive Families**

Sat. Jan. 14, noon-3:45 pm, Fairfax Ice Arena 3779 Pickett Rd.

Fairfax

Up to five free tickets will be available for each family with adopted children ages 0-18. (Register once per family.)

Register: <https://www.eventbrite.com/e/npac-family-ice-skating-respite-tickets-476543513477>

**SKS Art with Youth Creativity Workshop**

Sun. Jan. 15, 2:00-3:30 pm, Reston Lib. 11925 Bowman Towne Dr. Reston

So Kids SOAR welcomes youth and young adults (ages 8 to 30) with disabilities of any type to make winter themed crafts.

Register: <https://www.eventbrite.com/e/sks-art-with-youth-creativity-project-tickets-475660030957?aff=ebdssbdestsearch>

*Strengthening Families - for parents and tweens — in Spanish*

**Familias Fuertes** — Grupo de padres y jóvenes (10-15 años)

Cada martes, 6-9 pm, 17 de enero al 28 de febrero, Fairfax HS 3501 Lion Run, Fairfax

Las familias pueden volverse más unidas y felices a través de discusiones, juegos, dramatizaciones y proyectos familiares. Cuidado de niños, cena, y sorteos incluidos.

Registrarse: [https://scanfamilies.org/wp-content/uploads/2022/12/Jan-2023-SF-flyer\\_fairfax-high.pdf](https://scanfamilies.org/wp-content/uploads/2022/12/Jan-2023-SF-flyer_fairfax-high.pdf)

### **Addressing Challenges Faced by Students with an FASD Diagnosis**

Tue. Jan. 17, 7-8 pm

A panel of experts and researchers will discuss FASD characteristics, parenting strategies, and educational resources.

Register: <https://us06web.zoom.us/meeting/register/tZwucOCsqzkgH92OD-DYqtuFpILCwiqsr6lb>

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

Wed. & Thur. Jan. 18 &19, 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>

### **Parents and Caregivers: The Importance of Self-Care**

Wed. Jan. 18, 1 pm

The focus will be on self-care for adult caregivers supporting people with special needs, including autism.

Register: <https://www.autism.org/self-care/>

### **The Power of Engaging Families**

Wed. Jan. 18, 5:30-6:30 pm

Parents will explore their thoughts on “family engagement” and how educators share with them the responsibility for student success.

Register: [https://us02web.zoom.us/webinar/register/WN\\_Twl3qgrPQ\\_KOS7UqNHVQ2w#/registration](https://us02web.zoom.us/webinar/register/WN_Twl3qgrPQ_KOS7UqNHVQ2w#/registration)

### **West Potomac Academy Open House**

Wed. Jan. 18, 6-8 pm, WPHS 6500 Quander Rd. Alexandria

Learn about career and technical education classes in health sciences, communication & the arts, and human services.

Information: <https://www.fcps.edu/academics/high-school-academics-9-12/career-and-technical-education-cte/academies-and-specialized?>

### **Excited and Engaged: Strategies and Solutions for Social Anxiety in Children and Teens with ADHD**

Wed. Jan. 18, 7 pm



Gain strategies to improve your child's conversational skills, and ability to initiate. Foster friendships, and increase your child's self-esteem.

Register: [https://us06web.zoom.us/webinar/register/WN\\_G2Aw9fc3RdOnPJzW1Q-4w](https://us06web.zoom.us/webinar/register/WN_G2Aw9fc3RdOnPJzW1Q-4w)

### **Proactive Strategies To Prevent Reactive Parenting**

Thu. Jan. 19, 9 am

Gain ways to create greater predictability for family life, more effective communication with your children, and skills in preventing problems.

Register: <https://www.eventbrite.com/e/proactive-strategies-to-prevent-reactive-parenting-tickets-479289657267>

### **ADHD Medication Options and Benefits for Children**

Thu. Jan. 19, 1 pm, with replay link

Learn more about the many effective medications for ADHD including how to manage side effects.

Register: <https://www.additudemag.com/webinar/benefits-of-adhd-medication-children/>

### **Mind/Body Practices for Hope and Healing**

Thu. Jan. 19, 1:00-2:30 pm **\$15-\$0** Coupon Code: HOPE

This experiential workshop invites participants to engage in whole-body practices and learn self-care tools that are easy and cost effective.

Register: <https://adoptionsupport.org/event/syf-webinar-mind-body-practices-for-hope-and-healing/>

### **Birth Control & Sexually Transmitted Infections (STIs)**

Thu. Jan. 19, 6-7 pm — *for youth with IDD, ages 14-22*

This is the second of three sexual health trainings to increase a youth's capacity for self-advocacy, decision-making, and personal safety.

Register: <https://www.eventbrite.com/e/youth-sexual-health-and-wellness-upcoming-virtual-sessions-registration-481673377037>

### **Supported Decision-Making in Special Education – Start Early!**

Thu Jan. 19, 6:30-7:30 pm

Learn what supported decision-making is, why it's important, and how it can have a positive impact on your child's present and future.

Register: <https://peatc.org/event/supported-decision-making-in-special-education-start-early/>

### **Chantilly Academy Open House**

Thu. Jan. 19, 6:30–8:00 pm, CHS 4201 Stringfellow Rd. Chantilly

Learn about career and technical education classes in health sciences, auto tech, construction, ROTC, languages, marketing, engineering, vet science, and human services.

Information: <https://www.fcps.edu/academics/high-school-academics-9-12/career-and-technical-education-cte/academies-and-specialized?>

### **Falls Church Academy Open House**

Thu. Jan. 19, 6:30–8:00 pm, FCHS 7521 Jaguar Trail, Falls Church

Learn about career and technical education classes in health and human services.

Information: <https://www.fcps.edu/academics/high-school-academics-9-12/career-and-technical-education-cte/academies-and-specialized?>

### **Thank Goodness It's Financial Fitne\$\$ Friday**

Fri. Jan. 20, 10:00-11:30 am

Certified financial professionals will answer your questions regarding financial futures planning.

Register: [https://us06web.zoom.us/meeting/register/tZ0sdu-spjlsH9UASyf5\\_p19JGkHucb3qRdA](https://us06web.zoom.us/meeting/register/tZ0sdu-spjlsH9UASyf5_p19JGkHucb3qRdA)

### **Sexual Health and Wellness Student Training — DEMO for Parents**

Mon. Jan. 23, noon-1 pm OR 6:30-7:30 pm

Would you like to see a sexual health training for students with IDD in action? Watch a simulated student session followed by Q&A time.

Register for

noon: <https://us02web.zoom.us/meeting/register/tZcqfu2prDwuGNFwdpuJYADEKoP44tbonrc#/registration>

Register for 6:30 pm: <https://us02web.zoom.us/meeting/register/tZ0vd-Ctqz0vHNfA0wkrIDeZp7rLrIb0VfCE#/registration>

### **Morning Meeting and Responsive Advisory Meeting: Building Positive Classroom Communities through Social and Emotional Learning**

Tue. Jan. 24, 10:00-11:30 am

Learn how teachers are using these practices to engage students in ways that are challenging, appropriate, and supportive of the whole child.

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

### **New Year, New Strategies: Helping Students with ADHD Plan, Persist, and Achieve Their Goals**

Tue. Jan. 24, 1 pm, with replay link

Gain ways to help resistant kids plan ahead, stay organized, and overcome roadblocks to achieve what they set out to do .

Register: <https://www.additudemag.com/webinar/school-goals-strategies-routines-adhd-student/>

### **Relationship Map Tool and Selecting Your Supporters**

Tue. Jan. 24, 6:30-7:30 pm

Steps in the process of setting up a supported decision-making arrangement will be presented.

Register: [https://us02web.zoom.us/webinar/register/WN\\_9QrLv2npSPuFk4A-c9KH\\_g#/registration](https://us02web.zoom.us/webinar/register/WN_9QrLv2npSPuFk4A-c9KH_g#/registration)

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

Tue. Jan. 24, 6:30 pm

Learn about your options, how they work, and when it may be best to use each one. The more you know, the more prepared you can be.

Register: [https://us02web.zoom.us/webinar/register/WN\\_\\_erZiZHLSMueSfN6aR9k0w#/registration](https://us02web.zoom.us/webinar/register/WN__erZiZHLSMueSfN6aR9k0w#/registration)

### **Anxiety Busters for Anxious Moments**

Tue. Jan. 24, 7:00-8:30 pm

Gain a handful of tools to help your child develop the emotional hardware to handle anxiety and focus instead on what really matters.

Register: <https://thesycamoreschoolva.org/event/anxiety-busters-for-anxious-moments/>

### **Interdisciplinary Diagnosis and Interventions for Fetal Alcohol Spectrum Disorders (FASD)**

Tue. Jan. 24, 7-8 pm

Consider the benefits of an interdisciplinary diagnosis for FASD and evidence-based interventions that can improve outcomes.

Register: <https://us06web.zoom.us/meeting/register/tZclc-orzltHtSvV4jCGitRrKPYXR0CCNdI>

### **Marshall Academy Openhouse**

Sun. Jan. 25, 1:30-3:00 pm, MHS 7731 Leesburg Pk. Falls Church

Learn about career and technical education in languages, engineering, entrepreneurship, cyber, human services, and criminal justice.

Information: <https://www.fcps.edu/academics/high-school-academics-9-12/career-and-technical-education-cte/academies-and-specialized?>

**Virtual Family Game Night – for Adoptive Families**

Wed. Jan. 25, 5:30-7:30 pm

Open to adopted children, ages 0-17, and their family.

The first 10 families to register will receive dinner.

Register: <https://www.eventbrite.com/e/npac-virtual-game-night-tickets-450848980437>

**Self-Regulated Learners: Helping Kids Grow Their Own Executive Skills**

Wed. Jan. 25, 7:30-9:00 pm, \$15

Learn how to transition from being your child's frontal lobes to helping them grow their own executive skills.

Register: <https://www.eventbrite.com/e/helping-kids-grow-their-own-executive-skills-tickets-483930748897>

**WAZE to Adulthood Student Training — for students with disabilities age 12-22**

Thu. Jan. 26, 6-7 pm

Learn ways to use your self-advocacy skills and to plan for the future you want! Gain the scoop on being 18 or older. FUN!

Register: <https://www.eventbrite.com/e/waze-to-adulthood-students-tickets-478607567117>

**LCPS Mental Health and Wellness Conference — Save the Date**

Sat. Jan. 28, 8:30 am-12:30 pm, Lightridge HS 41025 Collaboration Dr. Aldie

A resource fair and presentations by school, community, and regional experts will be available via multiple breakout sessions.

**Screening — It's Real: College Students and Mental Health**

Sun. Jan. 29, 4-5 pm

Learn about mental health issues of college students, and how these can be managed with specific treatments. Know when to seek help.

Register: <https://ncacitsreal012923.attendase.com>

**Broken Resolutions? How Students with ADHD Can Achieve Academic Success in 2023 Without Lofty New Year's Goals**

Tue. Jan. 31, 8 pm

Think concretely in small steps to create routines, build organizational skills, communicate for mutual understanding, and build trust.

Register: [https://us02web.zoom.us/webinar/register/WN\\_7GuUupURTu-KOwe45rqEeQ](https://us02web.zoom.us/webinar/register/WN_7GuUupURTu-KOwe45rqEeQ)

### **Substance Use Disorder and ADHD: Safe, Effective Treatment Options**

Tue. Jan. 31, 1 pm, with replay link

Learn about ADHD and substance use disorders, as well as treatment options for people with ADHD and a history of substance abuse.

Register: <https://www.additudemag.com/webinar/substance-use-disorder-recovery-adhd-treatment/>

### **Preventing Secondary Characteristics of FASD: What Does the Research Say?**

Tue. Jan. 31, 7-8 pm

Distinguish between the primary and secondary characteristics of fetal alcohol syndrome disorder, and learn how to avoid or minimize the latter.

Register: <https://us06web.zoom.us/meeting/register/tZYufu2rrT0rG9OsPbN2ghoEI7xCTTQXaBwL>

### **Plan Ahead — Education & Transition Conference**

Sat. Feb. 4, 9 am-4 pm, Richmond Hilton Hotel or virtual

A keynote and 15 sessions will focus on educating transition age students (ages 14-21). **\$40-\$90**

Register by Dec. 31: <https://viriniadsa.salsalabs.org/educationconf2?wvpld=d0da314e-91cf-459c-a4c3-cb4c6b174c07>

### **Plan Ahead — Dads Parenting Group**

Tuesdays, Feb. 7 to Apr. 25, 6:00-8:30 pm

Hone your Father Skills by meeting with other Dads to focus on self-awareness, self-care, parenting skills and relationship skills.

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

## **Ongoing and On Demand**

### **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.

### **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 [autismsclub@gmail.com](mailto:autismsclub@gmail.com). Join meeting at <https://us02web.zoom.us/j/9466001682#success>

Meeting ID: 946 600 1682;

**ASNV Teen Time** for youth, age 13-19 with ASD, meets virtually Saturdays, 1-2 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 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)



**Stronger Together**, a peer support group for youth ages 14-22, is facilitated by professionals and **will meet this winter/spring**. It emphasizes positive peer supports as a context for learning skills in conflict resolution, self-determination, and self-efficacy. Register: <https://formedfamiliesforward.org/services/peer-support-groups/>

### 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 Wednesday of the month, 7-8 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: <https://www.parentchildjourney.com/excursions/>

**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](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 a nuestro nuevo **GRUPO DE CHAT 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 our new CHAT GROUP 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 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>

**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>

**Infinity ABA Parent Connect**, for families with a 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 3rd 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.

**NAMI 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](http://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**

Monthly on the 3rd Monday, Oct. 17 through Mar. 20, 1-2 pm.

This 6-month group will focus on raising a child with a fetal alcohol spectrum disorder (FASD).

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) Support Group** meets the 1st Saturday monthly at 10:30 am at the Richard Byrd Library in Springfield. RSVP to [supportgroup@poac-nova.org](mailto:supportgroup@poac-nova.org) to attend.

**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) .