

February 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/>

Special Education Complaint Toolkit

Detailed information on why, when, and how to file a complaint is included among with interactive forms. Read before the need!

Access: <https://peatc.org/wp-content/uploads/2023/01/Complaint-Toolkit-Interactive.pdf>

Harris K. Leonard Memorial Scholarship

Students who have experienced foster care are invited to apply for a \$1500 scholarship for higher education. Application Due Feb. 22

Application: <https://adoptionsupport.org/harris-k-leonard-memorial-scholarship/>

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.

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

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

Transition Lunch & Learn

Wed. Feb. 1, noon-1:30 pm

Plan for the transition to adult services by learning how to using IEP goals to develop your child's life skills.

Register: https://zoom.us/meeting/register/tJcqcOuurjsiHtHPVysnNwEhc3ZXUUZsrn_A

Understanding the Manifestation Determination Review Process

Wed. Feb. 1, 6:00-7:30 pm

Students with a disability have the right for a manifestation determination when suspended. Find out about this benefit.

Register: https://us02web.zoom.us/webinar/register/WN_XvfJCRhnQue6hzzsmoXqWA#/registration

From Referral to Eligibility

Wed. Feb. 1, 6:30-7:30 pm

Learn about the initial stages of special education including how to make a referral and key timelines.

Register: https://us02web.zoom.us/webinar/register/WN_yegcDXfSJCGh9YYrVKevQ#/registration

ReelAbilities Film Festival: Northern Virginia

Thu. Feb. 2 to Mar. 5, locations vary **\$0-\$varies**

View and discuss films promoting an awareness and appreciation of the lives, stories, and people with life challenges and different abilities.

Tickets: <https://www.jccnv.org/reel-abilities/reelabilities-film-festival-northern-virginia/>

How to Prepare for and Represent Your Child in an MDR Hearing

Thu. Feb. 2, 6:00-7:30 pm

Learn how to prepare for a manifestation determination review (MDR) even before your child might possibly need it.

Register: https://us02web.zoom.us/webinar/register/WN_XvfJCRhnQue6hzzsmoXqWA#/registration

Completing Virginia's Supported Decision-Making Agreement Template

Wed. Feb. 2, 6:30-8:00 pm

This is a process for an individual with ID to establish independence with support in making life choices.

Register: https://us02web.zoom.us/webinar/register/WN_9QrLv2npSPuFk4A-c9KH_g#/registration

Virginia Down Syndrome Association Education Conference Sat. Feb. 4, 9 am-4 pm, Hilton Richmond, in-person & virtual

There will be a variety of speakers and presentations on education and transition topics.

Register: <https://viriniadsa.org/education-conference-2/> \$50-\$75

Edison Academy Open House

Sat. Feb; 4, 10 am-1 pm, EHS 5801 Franconia Rd. Alexandria

Learn about career and technical education in apprenticeship, auto tech, construction, cyber, vet science, and human services.

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

Building Strong Parent Advocates — Self-Paced Course

Mon. Feb. 6 to Sun. Feb. 26, 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-470256438667>

Fairfax Academy Open House

Tue. Feb. 7, 6:30-7:30 pm, FHS 3501 Lion Run, Fairfax

Learn about career and technical education classes in languages, fashion, the arts, and media.

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

More Than Sad — Training for Parents & Caring Adults

Tue. Feb. 7, 7:00-8:30 pm,

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

Register: <https://ncacmts02072023.attendease.com>

Let's Talk About It: Sexual Health and Wellness Training for PARENTS of Students with IDD

Wed. & Thu. Feb. 8 & 9, 6-8 pm

Consider how to develop your child's self-care and social skills, appropriate behaviors, and understanding of personal safety.

Register: <https://www.eventbrite.com/e/lets-talk-about-sex-sexual-health-and-wellness-training-registration-487879419477>

From Referral to Eligibility — in Spanish

De la referencia a la elegibilidad

Miércoles, los 8 de febrero, 7-8 pm

Conozca las etapas iniciales de la educación especial en Virginia.

Register: <https://peatc.org/event/special-education-workshop-series-may-4th-from-referral-to-eligibility-a-deeper-dive/>

Special Education Series — in Spanish

Serie De Educación Especial

Miércoles, 7:00-8:30 pm. Estas no serán grabadas.

¡Aquellos que asistan a más de tres talleres, podrán participar de una rifa y ganar una tarjeta de regalo de \$50!

Febrero 8: De la Referencia a la Elegibilidad

Febrero 22: Dentro y Fuera de las Reuniones del IEP

Marzo 8: Diez cosas que debe saber sobre un IEP

Marzo 22: Cómo Hablar para que las Escuelas Escuchen (y Escuchar para que las Escuelas Hablen)

Registrarse: https://us02web.zoom.us/webinar/register/WN_6X5XpNcAQWcKET2BhCU0CA#/registration

Practical Strategies To Help Our Children With Anxiety

Thu. Feb. 9, 9:00-10:15 am

Learn when and how to respond to anxiety in your child or teen, along with specific skills to use in the process.

Register: <https://www.eventbrite.com/e/practical-strategies-to-help-our-children-with-anxiety-tickets-470684920267>

Meet the Author Series: *All Cats Are on the Autism Spectrum* by Kathy Hoopmann

Thu. Feb. 9, 7-8 pm

Celebrate diversity with the author as she reads from her book and answers audience questions.

Register: <https://www.fcps.edu/event/meet-author-series-all-cats-are-autism-spectrum-kathy-hoopmann?>

Talk Saves Lives: An Introduction to LGBTQ+ Suicide Prevention

Thu. Feb. 9, 7-8 pm

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

Register: <https://ncactsl02092023.attendease.com>

What About Us? Keeping Foster and Adoptive Parents Connected

Thu. Feb. 9, 7:00-8:30 pm

Consider the distinct difficulties faced by foster and adoptive parents, and strategies to keep the partner relationship strong.

Register: <https://adoptionsupport.org/event/webinar-what-about-us-keeping-foster-and-adoptive-parents-connected/>

Gratitude Shifts Everything — *for self advocates and parents*

Sat. Feb. 11, 3:00-4:30 pm, online & at Service Source 10467 White Granite Ave. Oakton

Explore the benefits of gratitude, and how to use journaling as a way to capture your grateful moments.

Register: <https://dsanv.salsalabs.org/GratitudeChangesEverythingFebruary11/index.html>

The Essential Messages of Trauma Responsive Practices

Tue. Feb 14, 3:30-4:30 pm

Learn what it means to be trauma-informed and trauma-responsive, and how to apply these concepts for a child with a disability.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/623>

Healthy Relationships Plus — *for HS students*

Tuesdays, Feb. 14 to Mar. 28, 6:30-8:00 pm, Sherwood CC 3740 Old Lee Hwy, Fairfax

Trained young adults engage students in enthusiastic discussions about peer pressure, help-seeking, healthy and unhealthy dating or peer relationships, and media literacy.

Register: https://anc.apm.activecommunities.com/fairfaxcityrecdept/activity/search/detail/14552?onlineSiteId=0&from_original_cui=true

Transition Lunch & Learn

Wed. Feb. 15, 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

Managing ADHD with Smart Children, Teens, and Young Adults on the Autism Spectrum

Wed. Feb. 15, 2 pm

Register: https://us06web.zoom.us/webinar/register/WN_Yy2VwxyZTjKzKUPrWWCyQA

Anatomy of an IEP

Wed. Feb. 15, 4:30-5:30 pm

Learn about the sequence and contents of the separate sections of an Individualized Educational Plan (IEP).

Register: https://us02web.zoom.us/webinar/register/WN_yegcDXfSJCGh9YYrVKevQ#/registration

REVIVE! Training — **in Spanish**

¡REANIMAR! Capacitación

Miér. 15 de febrero, 7-8 pm

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

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

Leading with Differences: Best Practices for Fostering Student Leadership in Diversity, Equity, Inclusion, and Belonging

Wed. Feb. 15, 7:00-8:30 pm

Learn best practices for fostering student leadership in the area of diversity, equity, inclusion, and belonging.

Register: https://labschool-org.zoom.us/webinar/register/9416612788599/WN_aIOVHG4TQ7GsbD2cC0OPZA

Choosing the Best Summer Camps for Your ADHD Child

Thu. Feb. 16, 1 pm

Learn what to look for in a summer program, the questions to ask, what to share about your child, common problems, and solutions.

Register: <https://www.additudemag.com/webinar/best-sumer-camps-kids-adhd/>

Candid Conversations About The Experiences of Black Interracial Adoptees

\$0-\$15 Coupon Code: CANDID

Thu. Feb, 16, 1:00-2:30 pm, with extended access

Learn about the common challenges and experiences facing Black interracial adoptees of all ages.

Register: <https://adoptionssupport.org/event/syf-webinar-candid-conversations-about-the-experiences-of-black-interracial-adoptees/>

Relationships: A Program for Developing Healthy Relationships, Good Boundaries and Awesome Social Skills — for ages 12 and up with IDD. **\$100**

Thursdays, Feb.16, 23, & Mar. 2, 9, 16, 30, 6:30-7:30 pm

Service Source 10467 White Granite Ave.Oakton

Students learn how to develop closer relationships with some people in their lives, while keeping others at a safe distance.

Register: <https://dsanv.salsalabs.org/RELATIONSHAPES2023/index.html>

Ins and Outs of IEP Meetings — In Spanish

Dentro y fuera de las reuniones del IEP

Miércoles, 22 de febrero, 7-8 pm

Aprenda a planificar una reunión del IEP, qué esperar durante la reunión, cómo entablar relaciones allí, y cómo defender a su hijo.

Registrarse: <https://bit.ly/3gzOhq5>

Intersection of ADHD and Anxiety

Wed. Feb. 22, 7-8:30 pm

Take this opportunity to share with and learn from other parents on this topic.

Register by Feb. 21: [email BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or call 703-324-7720

Cecily's Advocacy Conference

Sat. Feb. 25, 8 am-noon, McLean Sch. 8224 Lochinver Ln. Potomac, MD

Two keynotes, a workshop, and a panel discussion on connecting with our children and combating perfectionism.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSdVdNQKcYEMdlmYNrPy7Y2tXuncGEIH0YfopOe4mdB6f88gtQ/viewform>

Talk Saves Lives: An Introduction to Suicide Prevention

Sun. Feb. 26, 4-5 pm

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

Register: <https://ncactsl02262023.attendease.com>

Youth Mental Health First Aid — Course for Adults

Tue. Feb. 28, 9:00 am-3:30 pm, **\$25**

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

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

Testing, Timeline, and Trends: What You Need to Know About the Changing College Admissions Landscape

Tue. Feb. 28, 7:00-8:30 pm

Learn concrete steps to support your child's college planing including choosing and visiting schools, and the testing process.

Register: <https://thesycamoreschoolva.org/event/testing-timeline-and-trends-what-you-need-to-know-about-the-changing-college-admissions-landscape/>

Save the Date — FCPS Special Education Conference

Sat. Apr. 29

This virtual conference will be a combination of live and recorded sessions. Registration will begin in April.

Info: <https://www.fcps.edu/Special-Education-Conference>

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/j8Gu8yhL54NjdEsQYzftg/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

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. 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 on the 2nd Saturday, monthly, 1-2 pm at ServiceSource 10467 White Granite Dr., Oakton. Contact: info@asnv.org

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

Heads Up and **Talk It Out** — Teen and Parent Recovery Groups

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

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

YET Council meets on the 2nd Monday monthly at 6 pm for students with disabilities, ages 14-22, as they begin their transition from High School to Adulthood. Email Kendra Wormley at kwormley@peatc.org

Youth MOVE, for ages 14-29, meets the 2nd & 4th Thursday monthly at 6:30 pm. This facilitated group is for teens with mental health concerns. Register: https://docs.google.com/forms/d/e/1FAIpQLSdXeIGDRnqHnPu6fqHBBYlQ-1tBB6WtP_9d-goW5pDxJj0TBw/viewform

Youth Empowerment Transition Council, for youth with disabilities ages 14-22, meets on the 2nd Monday of the month to advise PEATC and build advocacy and leadership skills. Contact: kwormley@peatc.org

Stronger Together, a peer support group for youth ages 14-22, meets in Fairfax City, weekly on Thursdays, 6:30-8:00 pm, Feb. 9 to Mar. 30. The focus is on building skills in interpersonal effectiveness, conflict resolution, self-determination and self-efficacy. Register: <https://www.eventbrite.com/e/stronger-together-youth-support-group-winter-2023-tickets-504556571287>

Support Groups for Parents

AAC Parent Group meets occasionally on Saturdays. Contact: Amanda amandam@skillbuildersllc.com or 703-941-7757 ext. 316

African American Culturally Focused Virtual Parent Café meets Thursdays, 6:00-7:30 pm. Register at least 24 hours in advance by [email](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) BuildingStrongerFamilies@fairfaxcounty.gov or 703-324-7720

Alpha Moms This support group for adoptive parents meets monthly in McLean. Contact: robin4brady@gmail.com

Arlington Epilepsy Support Group, a list-serve, can be accessed at ARLEpilepsy@googlegroups.com

Autism Dads meets one evening monthly. Contact: George Buzby at 571-419-1257 or gbuzby@aol.com

Autism Society of NoVA 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, 9:00-10:30 am *Via Zoom*. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

Cafés Virtuales Para Padres: Miércoles de 7:00-8:30 pm. Regístrese con al menos 24 horas de anticipación: BuildingStrongerFamilies@fairfaxcounty.gov o 703-324-7720

CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** 4th Mon. of each month at 6:30 pm. Contact: Susan, ADHDParentMountVernon@gmail.com or call 303-903-9972.
- **West Fairfax/Burke CHADD Parent Support Group** 1st & 3rd Thur. of each month at 8:00 pm Contact: Cathy, ocgreulich@aol.com

CSB Family Support Group at Gatlan Center 2nd and 4th Wed. of each month 6:00-7:30 pm via Zoom Contact: Samar.Chwairy@fairfaxcounty.gov or call 703-799-2882.

D.A.D.S. Dads Appreciating Down Syndrome 3rd Tue. each month, 7-9 pm via Zoom. Contact: George gbuzby@aol.com or call 703- 545-6089.

Dr. Dan's Support Group for Parents Raising Challenging Children meets via Zoom on Mondays, 1-2 pm, Register: <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 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 español 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

El Grupo de apoyo ASNV para padres y cuidadores en español se reúne el segundo sábado de cada mes de 1 a 2 pm en ServiceSource, 10467 White Granite Dr. Oakton. Estacione en la parte de atrás. Para obtener más información, envíe un correo electrónico a info@asnv.org

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 .

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 families of all disabled dependents. Access: <https://us02web.zoom.us/j/9466001682#success> OR 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

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

NAMI Family Support Group meets on the 1st and 3rd Wednesdays on Zoom for parents of children living with mental health challenges including ADHD, ASD, etc. <https://zoom.us/j/94509229914>

NAMI Parent & Caregiver Support Group meets on the 4th Thursday monthly. Email namicva.org or call 804-285-1749

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

OCD Family Support Group meets the 1st Mon. of each month, 7:30 pm. Contact: ela.mike@verizon.net or call 202-215-5859

Parent Café (for all Fairfax County parents and guardians) meets via Zoom in English on Mon., 7:45-9:15 pm, and en español, miércoles, 7:00-8:30 pm. Register at least 24 hours in advance by email BuildingStrongerFamilies@fairfaxcounty.gov or 703-324-7720

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 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 10:00-11:30 am at the Richard Byrd Library in Springfield. RSVP to 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

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 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 .

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 .