

March 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 Mediation Toolkit — *New Resource*

Learn why, when, and how to pursue mediation to resolve a disagreement with your school division. Includes preparation forms.

Access: <https://peatc.org/wp-content/uploads/2023/02/Mediation-Toolkit.pdf>

Research Study on Camouflaging/Masking

High school girls with autism and their parents are sought for a study which includes a questionnaire and online interview.

Contact: Sarah-Ashby Calhoun sarah.a.calhoun@vanderbilt.edu

Transition University — *Self-Paced Course of 5 Sessions*

Now through Tue. April 4, with access 24/7

Learn about the many options to maximize your child's independence and quality of life when they age out of school.

Register: <https://peatc.org/event/transition-university-winter-2023/>

Transition Lunch & Learn

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

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

Register: https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

Measurable IEP Goals

Wed. Mar. 1, 6:30 pm

Participants will learn how to participate in the IEP process, of writing goals to best help your student.

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

Tech Team Thursday

Thu. Mar. 2, noon

Learn about a free service that creates custom apps for your child's activities of daily living and safety.

Register: <https://us06web.zoom.us/meeting/register/tZMtce6qqD8jHNz6UyPkRgltKT7nmk3ecB6h>

It's Real: College Students and Mental Health

Thu. Mar. 2, 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://ncacitsreal03022023.attendease.com>

Making Math Accessible to Students with Learning Disabilities

Thu. Mar. 2, 7:00-8:30 pm **\$17.85**

Learn about a multi-sensory approach to math using visuals and manipulatives for all grades, from preschool to college.

Register: <https://www.eventbrite.com/e/making-math-accessible-to-students-with-learning-disabilities-tickets-517049678507>

Don't Just Take Our Word for It, Ask our Clients!

Fri. Mar. 3, 10 am

Learn about opening a Special Needs Trust from those who have already been through the process.

Register: <https://thearcofnovatrust.org/event/ffp-march-3-2023-dont-just-take-our-word-for-it-ask-our-clients/>

Travel Training on the Metro

Fri. Mar. 3, 10 am, Dunn Loring Metro, Gallows Rd.

This is a practice round trip for disabled individuals (with designated adults) to gain travel skills. SmarTrip cards provided.

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

Public vs. Private — For Youth with ID/DD ages 14-22

Mon. Mar. 6, 6-7 pm

This training is designed to increase an individual's safety and capacity for self-advocacy and decision-making.

Register: <https://www.eventbrite.com/e/lets-talk-about-it-sexual-health-youth-training-sessions-registration-523010577717>

IEP Updates

Mon. Mar. 6, 6:30-8:00 pm OR Tue. Mar. 7, 10:00-11:30 am

Find out what's new in the FCPS process for IEPs as well as information about the Special Education Enhancement Plan.

Register: <https://www.fcps.edu/event/iep-updates-webinar-families?>

IEP University (IEPU) — Self-Paced Course

Mon. Mar. 6 to Sun. Mar. 26, 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-535977241357>

Talk Saves Lives: An Introduction to Suicide Prevention

Sun. Mar. 7, 4-5 pm

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

Register: <https://ncactsl03092023.attendase.com>

Your Student's IEP Explained, Section by Section

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

The individual sections of an IEP will be explained along with how the different parts relate to each other. Q&A included.

Register: <https://xminds.org/event-5053264?>

More Than Sad: Teen Depression — Training for Parents & Caring Adults

Tue. Mar. 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://ncacmts03072023.attendase.com>

How to Teach Self-Regulation and Executive Function Skills for Independent Living

Wed. Mar. 8, 1 pm

Consider making customized changes to help your child with routines for organization, motivation, sleep, and connecting with peers.

Register: <https://www.additudemag.com/webinar/self-regulation-executive-function-skills-independent-living-adhd/>

Ten Things You Need to Know about IEPs — in Spanish

Diez cosas que debe saber sobre un IEP

Lunes, 8 de marzo, 7:00-8:30 pm

Comprender estas ideas puede ayudarlo a contribuir al IEP de su hijo.

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

From Studio to Academic Classroom: Art as a Tool for Student Success

Wed. Mar. 8, 7:00-8:30 pm, Lab School 4759 Reservoir Rd, NW Wash. DC

Explore how the visual arts are integral for students of all ages, to learn, understand, and thrive.

Register: https://labschool-org.zoom.us/webinar/register/5416612790840/WN_eOyRe1IHSA2Y9MrsgUkP5g

3 Proven Coping Skills to Help Kids with Worries — for parents of children 8 and up

Thu. Mar. 9, 9-10 am

Learn about using these techniques: worry breaks, limit-setting, and blue thoughts vs true thoughts.

Register: <https://www.eventbrite.com/e/3-proven-coping-skills-to-help-kids-with-worries-tickets-539617138387>

Parenting Tips for Supporting Students with Executive Functioning Skills

Thu. Mar. 9, 7:00-8:30 pm, 4600 N. Fairfax Dr. # 300, Arlington

Study the art of helping our children develop executive function skills and strategies while reducing conflict!

Register: <https://thesycamoreschoolva.org/event/parenting-tips-for-supporting-students-with-executive-functioning-skills/>

Reality Check Driver Safety Program at INOVA

Sat. Mar, 11 , 10:30 am-1:30 pm

This 3 hr. safe driver .program focuses on reducing teenage distracted driving, reckless driving, and driving under the influence.

Register: <https://www.surveymonkey.com/r/RCMarch2023>

REVIVE! Training — in Spanish

¡REANIMAR! Capacitación

Lunes, 13 de mar. 10 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

Consent — for Youth with ID/DD, ages 14-22

Wed. Mar. 13, 6-7 pm

This training is designed to increase an individual's safety and capacity for decision-making regarding sexual health.

Register: <https://www.eventbrite.com/e/lets-talk-about-it-sexual-health-youth-training-sessions-registration-523010577717>

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

Mon. Mar. 13, 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://ncacitsrealteens03132023.attendase.com>

Unlocking the Mysteries of Sleep and the Developing Brain — Part 1

Tue. Mar. 14, 10:00-11:30 am

Delve into the basics of sleep and how getting enough sleep during childhood can benefit a developing brain.

Register: <https://www.fcps.edu/event/unlocking-mysteries-sleep-and-developing-brain-part-1?>

Transition Lunch & Learn with A Social Security Expert

Wed. Feb. 15, noon-1:30 pm

We will focus on Supplemental Security Income (SSI), including the application process and managing benefits.

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

Ins and Outs of IEP Meetings

Wed. Mar. 15, 6:30-8:00 pm

Learn what to expect at an IEP meeting, how to prepare for it, and how to work together afterwards to support your student.

Register: https://us02web.zoom.us/webinar/register/WN__yegcDXfSJCgH9YYrVKeyQ#/registration

Understanding Neurodiversity-Affirming Care

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

Parents of newly diagnosed children with autism can learn how to seek neurodiversity-affirming care for their child.

Register: <https://xminds.org/event-5054609?>

Social Security Basics

Fri. Mar. 17, 10 am

Get information on the programs that provide benefits to disabled individuals, including when and how to apply.

Register: <https://us06web.zoom.us/meeting/register/tZUkf-qoqDojEt1jcs-qbM1wYrrq9PZQqW7K>

Supporting Your Children During Stressful Times — In Spanish

Apoyando a sus hijos durante tiempos estresantes

Viernes, 17 de marzo, 10:00-11:30 am

Considere cómo reparar la relación con nuestros hijos reestructurando nuestro pensamiento y construyendo resiliencia.

Register: <https://www.fcps.edu/event/manejando-el-estres-serie-de-3-partes-parte3-apoyando-sus-hijos-durante-tiempos-estresantes?>

Youth Mental Health First Aid — Course for Adults

Mon, & Tue. Mar. 20 & 21, 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/hrcode/ereg/Registration.aspx?groupID=47>

Preparing Families for Difficult Conversations about Alcohol & Drugs

Tue. Mar. 21, 10:00-11:30 am

Focus on information about substances, what you can and can't do as a caregiver, and accessing community resources.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSfqiPIPFVmXI8pcS5PSeopo1gKmNthm1eWKQeTExKSj-yinPQ/viewform>

ADHD Then and Now: How Our Understanding Has Evolved

Tue. Mar. 21, 1 pm, with replay link

Consider how our ideas about ADHD have changed, and practical steps to benefit our children and teens now.

Register: <https://www.additudemag.com/webinar/history-of-adhd-diagnosis-treatment-research/>

Social Media and Online Safety — for Youth with ID/DD, ages 14-22

Tue. Mar. 21, 6-7 pm

This training is designed to increase an individual's safety and capacity for decision-making regarding sexual health.

Register: <https://www.eventbrite.com/e/lets-talk-about-it-sexual-health-youth-training-sessions-registration-523010577717>

How to Talk so that Schools will Listen (and Listen so that Schools will Talk) — In Spanish

Cómo hablar para que las escuelas escuchen (y escuchar para que las escuelas hablen)

Miércoles, 22 de marzo, 7-9 pm

Este taller lo ayudará a reconocer y prevenir barreras a la comunicación y a construir acuerdos en torno a problemas difíciles.

Registrarse: https://us02web.zoom.us/webinar/register/WN_6X5XpNcAQWCKET2BhCU0CA#/registration

ABCs of Behavior

Thu. Mar. 23, 6-7 pm

Learn about the ABCs of behavior, addressing unwanted behavior, functional behavior assessments and behavior intervention plans.

Register: https://us02web.zoom.us/webinar/register/WN_3oZp33yETyaxb9lQd6jMQ#/registration

Disability Benefits: Social Security and Medicaid Waivers

Thu. Mar. 23, 6:30-8:30 pm

Learn about Social Security benefits and Virginia's Medicaid Waivers, including who is eligible and how to apply.

Register; https://us02web.zoom.us/webinar/register/WN_OAAQeQg3Tq6aqZNhhHcXFw#/registration

Suicide Prevention: A School and Family Partnership

Fri. Mar. 24, 10:00-11:30 am

Learn about youth suicide, how to respond to warning signs, and how to talk with your children about suicide.

Register: <https://www.fcps.edu/event/suicide-prevention-school-and-family-partnership?>

Life After High School Transition Conference & Resource Fair

Sat, Mar. 25, 8:30 am-1:30 pm, PVCC 501 College Dr. Charlottesville

Sessions will be offered for age 14+ youth, families, and professionals. .Box lunches available.

Register: <https://www.eventbrite.com/e/life-after-high-school-transition-conference-resource-fair-tickets-483847650347?aff=eand%EF%BF%BC>

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

Sun. Mar. 26, 3-4 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://ncacitsreal03262023.attendase.com>

Arc Reflections Class

Tuesdays, Mar. 28 to May 30, 6-8 pm

Gain tools to help children and teens learn to regulate themselves, feel connected, and build strengths.

Register: Mary Elizabeth Fleming 703-324-7870 or ParentingEducation@fairfaxcounty.gov

Unlocking the Mysteries of Sleep and the Developing Brain — Part 2

Tue. Mar. 28, 10:00-11:30 am

Delve into the basics of sleep and how getting enough sleep during childhood can benefit a developing brain.

Register: <https://www.fcps.edu/event/unlocking-mysteries-sleep-and-developing-brain-part-2>

Disability: IN: Disability Owned Business Enterprise (DOBE)

Tue. Mar. 28, 2:00-2:45 pm

Learn about some benefits and supports for starting a disability owned small business.

Register: <https://vcurrctc.org/training/webcasts/webcastDetails.cfm/619>

Dispute Resolution Options in Virginia

Wed. Mar. 29, 6:30-8:00

Learn about the various dispute resolution options, how they work, and when it may be best to use a specific option.

Register: https://us02web.zoom.us/webinar/register/WN__yegcDXfSJCGh9YYrVKevQ#/registration

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/>

Accommodations for Recreational Classes and Camps with Fairfax County Parks

Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training.

To request accommodations, email gary.logue@fairfaxcounty.gov or 703 324-8563

Scholarships for Classes with Fairfax County Parks

Children of families that receive public assistance (medicaid, free school lunch, SNAP, TANF) are eligible to take one set of classes per quarter for a \$15 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

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 autismsoclub@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.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

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 BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or 703-324-7720

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

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

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

Autism Society of NoVA 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 a monthly peer support group for adoptive, kinship, and foster caregivers and parents on the 1st Sunday 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 Email 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

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, 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 .