

May 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/>

### 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)

### Research Study on Brain Development in Children with Autism

George Washington University and George Mason University are seeking children with autism, ages 5-17. Up to \$90 for participation.

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

### *Plan Ahead* — Dads Parenting Group

Mondays, May 8 to Aug. 31, 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-oids/revive](http://www.fairfaxcounty.gov/community-services-board/heroin-oids/revive)

### Commonwealth Autism Conference: Navigating the Autism Journey

Tue. & Wed. May 2-3, Richmond

This conference will include keynotes, multiple breakout sessions, and an exhibit hall. **\$95-\$350** some scholarships

Register: <https://www.cahumanservices.org/resources/annual-autism-conference/>

### **Successful Transition Planning and the IEP**

Tue. May 2, 5 pm

Find out how to take an active part in developing a useful transition plan to help your child prepare for life as an adult.

Register: [https://us02web.zoom.us/webinar/register/WN\\_2wI0IT3LRXi3ImASNbYNEQ#/registration](https://us02web.zoom.us/webinar/register/WN_2wI0IT3LRXi3ImASNbYNEQ#/registration)

### **What is the Fentanyl Crisis & How to Protect Your Family**

Tue. May 2, 7 pm

Learn about fentanyl, why it is such a problem, and steps to take to protect those at risk.

Register: <https://us06web.zoom.us/j/81623386955#success>

### **Parents of Challenging Adolescents: Teens through Young Adults**

Four Tuesdays, May 2-23, 8-9 am, **\$25-\$250**

Includes video course with > 10 hours of content in 3-5 min. videos

This discussion course helps parents to identify the source of their child's challenging behavior and learn what they can do about it.

Register: <https://www.parentchildjourney.com/excursions/>

### **Transition Lunch & Learn**

Wed. May 3, noon-1:30 pm

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

Register: [https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn\\_A](https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A)

### **From Referral to Eligibility: A Deeper Dive**

Wed. May 3, 6:30-7:45 pm

Learn about the initial stages of special education in Virginia.

Register: [https://us02web.zoom.us/webinar/register/WN\\_1v8GFhcCS8iLJK\\_\\_CJGEJw#/registration](https://us02web.zoom.us/webinar/register/WN_1v8GFhcCS8iLJK__CJGEJw#/registration)

### **Collaborative & Proactive Solutions \$119-\$199**

Thu. & Fri. May 4 & 5, 9:45 am-5:15 pm, with replay link

Gain an overview of the CPS model including the use of assessments and problem solving.

Register: <https://www.eventbrite.com/e/collaborative-and-proactive-solutions-2-day-virtual-training-registration-477634978077?aff=erepanelorg>

### **BFRB + ADHD: Helping Your Child with Hair Pulling and Skin Picking**

Thu. May 4, 1 pm, with replay link

Learn about diagnosis and treatment for body-focused repetitive behaviors such as hair pulling and skin picking.

Register: <https://www.additudemag.com/webinar/trichotillomania-hair-pulling-skin-picking-bfrb-adhd-children/>

### **May Is for Mental Health**

Fri. May 5, 10:00-11:30 pm, with replay link

Learn about common mental health problems, typical diagnoses, warning signs, and resources to support mental health.

Register: [https://us06web.zoom.us/webinar/register/WN\\_hyb31MmPSyGWrdeT61uNkQ#/registration](https://us06web.zoom.us/webinar/register/WN_hyb31MmPSyGWrdeT61uNkQ#/registration)

### **Let's Talk About Grief**

Fri. May 5, 10-11 am

Consider what to expect, what to say, and how to support a child or teen who has lost a loved one.

Register: <https://www.fcps.edu/event/lets-talk-about-grief-what-say-and-how-support-children-and-adolescents-who-have-lost-loved>

### **Reality Check Driver Safety Program at INOVA**

Sat. May 6, 10 am-1:30 pm

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

Register: <https://www.surveymonkey.com/r/RCMay2023>

### **Tech for independent Living: Information Session**

Thu. Apr. 6, noon

Learn about a free service that creates custom apps to help your child with activities of daily living and safety.

Register: <https://www.thearcofloudoun.org/event/tech-for-independent-living/>

*Social Security: Application Process for SSI and SSDI — in Spanish*

**Seguro Social: proceso de solicitud de SSI y SSDI**

Lunes, 8 de mayo, mediodía-1 pm

Aprender acerca la elegibilidad para la Seguridad de Ingreso Suplementario (SSI) para adultos con discapacidades y el proceso de solicitud.

Registrarse: [https://us06web.zoom.us/webinar/register/WN\\_V2MCZvlqTlyEyX5tKPk7nQ#/registration](https://us06web.zoom.us/webinar/register/WN_V2MCZvlqTlyEyX5tKPk7nQ#/registration)

**It's Real: Teens and Mental Health — for ages 14 +**

Mon. May 8, 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://ncacitsreal05082023.attendase.com>

**Self-care: How to Take Care of Yourself so You Can Take Better Care of Others**

Tue. May 9, 7 pm

Gain ways to practice self-care, potential obstacles, and how to craft a wellness plan to manage stress.

Register: [https://us06web.zoom.us/meeting/register/tZAqcu2prDkqHdl5vKrOQhIYt\\_4HJjZD-Xal#/registration](https://us06web.zoom.us/meeting/register/tZAqcu2prDkqHdl5vKrOQhIYt_4HJjZD-Xal#/registration)

**Talk. They Hear You.**

Wed. May 10, 6:30-7:30 pm,

Gain familiarity with why and how to talk with your children early and often about alcohol and other drugs. Register: [bit.ly/TTHY-5-10-23](https://bit.ly/TTHY-5-10-23)

**Anatomy of an IEP**

Wed. May 10, 6:30-7:45 pm

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

Register: [https://us02web.zoom.us/webinar/register/WN\\_1v8GFhcCS8iLJK\\_CJGEJw#/registration](https://us02web.zoom.us/webinar/register/WN_1v8GFhcCS8iLJK_CJGEJw#/registration)

*From Referral to Eligibility — in Spanish*

### **De la referencia a la elegibilidad**

Miércoles, 10 de mayo, 7:00–8:15 pm

Conozca las etapas iniciales de la educación especial en Virginia.

Register: [https://us02web.zoom.us/webinar/register/WN\\_R9Ym9Uo4QtWT19TmQE4\\_tg#/registration](https://us02web.zoom.us/webinar/register/WN_R9Ym9Uo4QtWT19TmQE4_tg#/registration)

### **Developing Workplace Readiness Skills**

Thu. May 11, 11 am

Become aware of opportunities for your child to practice employment related skills at home and strategies to promote success.

Register: [https://us06web.zoom.us/webinar/register/WN\\_7n4YzrSMRDmq27tm3RrssA#/registration](https://us06web.zoom.us/webinar/register/WN_7n4YzrSMRDmq27tm3RrssA#/registration)

### **Talk Saves Lives: An Introduction to Suicide Prevention — for ages 18+**

Thu. May 11, 7-8 pm

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

Register: <https://ncactsl05112023.attendase.com>

### **Portrait of a Graduate: The Keys to Success in Life**

Fri. May 12, 10:00-11:30 am

Gain tangible strategies for supporting your children in growing and owning Portrait of a Graduate Skills.

Register: <https://www.fcps.edu/event/portrait-graduate-keys-success-life-webinar-families>

### **More Than Sad — Training for ages 18+**

Tue. May 16, 7:00-8:30 pm,

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

Register: <https://ncacmts05162023.attendase.com>

### **Transition Lunch & Learn**

Wed. May 17, noon-1:30 pm

Plan for the transition to adult services by learning about a specific type of support (TBA) for disabled adults.

Register: [https://zoom.us/meeting/register/tJcgcOuurjsiHtHPVysnNwEhc3ZXUUZsrn\\_A](https://zoom.us/meeting/register/tJcgcOuurjsiHtHPVysnNwEhc3ZXUUZsrn_A)

### **Measurable IEP Goals**

Wed. May. 17, 6:30-7:45 pm

Learn about the benefits of high expectations, what measurable goals are, and why monitoring progress is so important.

Register: [https://us02web.zoom.us/webinar/register/WN\\_1v8GFhcCS8iLJK\\_\\_CJGEJw#/registration](https://us02web.zoom.us/webinar/register/WN_1v8GFhcCS8iLJK__CJGEJw#/registration)

### **Equitable Access to Literacy: Keys to Success —Secondary**

Wed. May 17, 6:30-8:00 pm

Find out about the science of reading, the Virginia Literacy Act, and how the Equitable Access to Literacy Plan is being implemented.

Register: <https://www.fcps.edu/event/equitable-access-literacy-keys-literacy-success-secondary?>

### *Talk. They Hear You. — In Spanish*

#### **Hablar. Ellos te escuchan.**

Jueves, 18 mayo, 11 am-miércoles

Siéntase cómodo con por qué y cómo hablar con sus hijos temprano y con frecuencia sobre el alcohol y otras drogas.

Registrarse: [bit.ly/TTHY-ES-5-18-23](http://bit.ly/TTHY-ES-5-18-23)

### **Teen Driving Rules: ADHD Guardrails to Avoid Distractions and Accidents**

Thu. May 18, 1 pm, with replay link

Understand the factors that contribute to a higher driving risk, as well as strategies and training plans to mitigate that risk.

Register: <https://www.additudemag.com/webinar/teen-driving-with-adhd-safety-rules/?>

### **Talk Saves Lives: An Introduction to Suicide Prevention**

Sun. May 21, 4-5 pm

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

Register: <https://ncactsl05212023.attendase.com>

### *REVIVE! Training — in Spanish*

## **¡REANIMAR! Capacitación**

Martes 23 de mayo, 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)

## **Autistic Self-Advocates Panel: Starting A Career**

Tue. May 23, 7 pm

Several young adult autistics will discuss how they chose their careers, their challenges, and insights gleaned.

Register: <https://xminds.org/event-5237617>

## **New Insights into, and Treatments for Comorbid Depression**

Wed. May 24, 1 pm, with replay link

Learn about mood disorders that co-occur with ADHD, common symptoms, existing strategies, and new treatments.

Register: <https://www.additudemag.com/webinar/comorbid-depression-adhd-signs-symptoms-treatment/>

## ***Ins and Outs of IEP Meetings — In Spanish***

### **Dentro y Fuera de las Reuniones del IEP**

Miércoles, 24 de mayo, 7:00–8:15 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://us02web.zoom.us/webinar/register/WN\\_R9Ym9Uo4QtWT19TmQE4\\_tg#/registration](https://us02web.zoom.us/webinar/register/WN_R9Ym9Uo4QtWT19TmQE4_tg#/registration)

## **Talk. They Hear You**

Thu. May 25, 1-2 pm

Gain familiarity with why and how to talk with your children early and often about alcohol and other drugs.

Register: [bit.ly/TTHY-5-25-23](http://bit.ly/TTHY-5-25-23)

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

Thu. May 25, 7-8 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://ncacitsreal05252023.attendease.com>

### **Ins and Outs of IEP Meetings**

Wed. May, 31, 6:30-7:45 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\\_1v8GFhcCS8iLJK\\_CJGEJw#/registration](https://us02web.zoom.us/webinar/register/WN_1v8GFhcCS8iLJK_CJGEJw#/registration)

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

Wed. May 31, & Thu. June 1, 1-4 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/hscode/ereg/Registration.aspx?groupID=47>

### **Plan Ahead — Metro Comes to the Arc of NOVA**

Tue. Jun. 13, noon-1:30 pm, 2755 Hartland Rd. # 200, Falls Church

WMATA (METRO) will be on site to process applications for their transportation programs. Gather your original documents.

Pre-Register: <https://thearcofnova.org/metro-comes-to-the-arc-of-northern-virginia-2023/>

### **Plan Ahead — Summer Tech for Independent Living Camps**

Monday to Thursday, July 17-20 OR Aug. 7-10, In-person or Zoom

Have fun, socialize, and make friends while using and learning technology to become more independent. **\$35**

Register: <https://form.jotform.com/230885050461150>

## **Ongoing and On Demand**

### **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 fee.

Information: <https://www.fairfaxcounty.gov/parks/scholarships>

### **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.

### **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/?>

### **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

### **College Partnership Program — For HS Students**

This program prepares students with disabilities and other underrepresented groups to enroll and succeed in college.

Contact the student's HS Counselor or Lakeyta Smith at [571-423-4413](tel:571-423-4413)

### **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 on the 2nd Saturday, monthly, 1-2 pm at ServiceSource 10467 White Granite Dr., Oakton. Contact: [info@asnv.org](mailto: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](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.Monmig@thearcofnova.org](mailto:Diane.Monmig@thearcofnova.org)

**Rainbow Identities** is a support group for LGBTQIA+ teen adoptees in grades 9-12, who are exploring the complexities of their identity. Meetings on Thursdays Apr. 13 to Jun. 15 at 5:00-6:30 pm.

Register: <https://adoptionssupport.org/event/teen-identity-support-group-rainbow-identities/>

**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)

**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](mailto: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](https://docs.google.com/forms/d/e/1FAIpQLSdXeIGDRnqHnPu6fqHBBYlQ-1tBB6WtP_9d-goW5pDxJj0TBw/viewform)

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

## Support Groups for Parents

**AAC Parent Group** meets occasionally on Saturdays. Contact: Amanda [amandam@skillbuildersllc.com](mailto:amandam@skillbuildersllc.com) or 703-941-7757 ext. 316

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

**Alpha Moms** This support group for adoptive parents meets monthly in McLean. Contact: [robin4brady@gmail.com](mailto:robin4brady@gmail.com)

**Arlington Epilepsy Support Group**, a list-serve, can be accessed at [ARLEpilepsy@googlegroups.com](mailto:ARLEpilepsy@googlegroups.com)

**Autism Dads** meets one evening monthly. Contact: George Buzby at 571-419-1257 or [gbuzby@aol.com](mailto:gbuzby@aol.com)

**Autism Society of NoVA Parents and Caregivers** meets on the 2nd 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](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 Recovery & Support Group** meets weekly via Zoom on Mondays 6:30-7:30 pm for family and friends of those receiving CSB services for addictions. Contact: [Natalie.Holmes@fairfaxcounty.gov](mailto:Natalie.Holmes@fairfaxcounty.gov) [www.fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-group](http://www.fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-group)

**Formed Families Together** hosts monthly peer support groups for adoptive, kinship, and foster caregivers and parents. *Virtual* support group meets the 1st Sunday evening monthly. *In-Person* support group meets the 3rd Wednesday evening monthly. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

**Foster the Family Support Group** for foster and adoptive moms meets the 3rd Monday of each month, 6:30-8:00 pm in Falls Church. Childcare is provided. Register: <https://www.fosterthefamilydc.org/supportgroups>

**Grupo de educación y apoyo a padres en 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](mailto: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](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 families of all disabled dependents. Access: <https://us02web.zoom.us/j/9466001682#success> OR Email [director@asnv.org](mailto:director@asnv.org) for details

**NAMI: National Alliance on Mental Illness** builds better lives for affected families. **Arlington Parent Support Group** meets two Sundays a month at 7:00-8:30 pm. Contact: Michelle Best [mczero@yahoo.com](mailto:mczero@yahoo.com)

**NAMI Connection Support Group for Young Adults** (18-36) meets on the 3rd Tuesday monthly, 7:30-9:00 pm. Register: [email\\_youngadults.nami.nova@gmail.com](mailto:email_youngadults.nami.nova@gmail.com)

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

**NAMI Parent & Caregiver Support Group** meets on the 4th Thursday monthly. Email [namicva.org](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

**Parents of Autistic Children (POAC-NOVA) Support Group** meets in-person the 1st Saturday monthly at 10:00-11:30 am. RSVP to [supportgroup@poac-nova.org](mailto:supportgroup@poac-nova.org) to learn the current location.

**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) .