

## **The OES Special Education Committee – *We're here to help!***

**If you are new to our school and seek additional information about Special Education and wish to establish connections with others; or if you are interested in joining our Special Education Committee, (*all are welcome!*), we encourage you contact our Special Education Liaisons, **Andrea Zuppas and Maren Wood at [special.education@oaktonpta.net](mailto:special.education@oaktonpta.net).****

### **FCPS SPECIAL EDUCATION RESOURCES**

**For information about FCPS Special Education Instruction [CLICK HERE](#).**

#### **The Fairfax County Public Schools (FCPS) Parent Resource Center (PRC)**

Hours: Monday - Friday, 8am – 4pm

Address: FCPS Parent Resource Center

Dunn Loring Center for Parent Services, Entrance 1

**[2334 Gallows Road, Room 105](#)**

**[Dunn Loring, Virginia 22027](#)**

The Fairfax County Public Schools Parent Resource Center provides resources, information, and consultations to support the success of all students. Confidential consultations and a year-long calendar of workshops are normally offered for parents, educators, and community members. The **[Parent Resource Center Lending Library](#)** contains over 10,000 books, DVDs, and CDs on topics related to parenting and educating all children including those with learning challenges, mental health concerns, special needs and disabilities. Our Library is open for pick-up on Wednesdays and Fridays, by appointment only, 9:30am – 3:30pm; or **[CLICK HERE](#)** to access our eBooks. Follow us on **[Twitter](#)**, like us on **[Facebook](#)** and tune into our **[You Tube Channel](#)** to see some of our recorded workshops. Bookmark our **[PRC website](#)** to stay up-to-date with all our workshops and resources. **[Our staff](#)** is available by phone **[703.204.3941](tel:703.204.3941)** or email **[prc@fcps.edu](mailto:prc@fcps.edu)**. We're here to help!

#### **[SIBSHOPS: An Exciting, In-Person and Virtual Workshop for Brothers and Sisters of Children with Special Needs!](#)**

**[Monday, January 24, 2022, \(School Planning Day – students are not attending school\), in person, 9:00am – 12:00pm; virtual, 1:00pm – 2:30pm](#)**

The Sibshop workshops are for children in grades 2-6 enrolled in Fairfax County Public Schools who have siblings with special needs to:

- Meet other siblings in a relaxed, virtual setting.
- Celebrate the many contributions made by siblings of children with special needs.
- Share sibling experiences and receive peer support.
- Play games and have fun!

Presented by FCPS School Social Work Services

Registration is free, however, donations are accepted to support the cost of future Sibshops: **[Donate Here](#)**. **[Register for SIBSHOPS: An Exciting, In-person, and Virtual Workshop for Brothers and Sisters of Children with Special Needs!](#)**

**[CLICK HERE](#)** to stay informed about future PRC virtual workshops.

## Special Education Parent Handbook

The newly updated Special Education Parent Handbook is available online. This manual provides a wealth of information regarding many topics of interest to parents and caregivers of students with disabilities, including Child Find, local screening, evaluations and eligibility for special education and Section 504 services, procedural safeguards/rights, key contacts and resources, and much more. To access the Special Education Parent Handbook [CLICK HERE](#).

### The Advisory Committee for Students with Disabilities (ACSD)

The Advisory Committee for Students with Disabilities (ACSD) is a local advisory committee for special education, appointed by each local school board, for the purpose of advising the school board via the division superintendent. The committee meets monthly, and its' purpose is to examine current FCPS practices regarding the communication/dissemination of information to parents related to supports and services provided to students with disabilities; and to make recommendations designed to improve and strengthen the relationship between parents of students with disabilities and FCPS school staff and central office staff. **Next meeting TBA.** [CLICK HERE](#) to visit the Advisory Committee for Students with Disabilities website.

### Applied Behavior Analysis Program (ABA)

The Applied Behavior Analysis Program of FCPS supports the special education instruction of students with autism and related disorders. Applied Behavior Analysis is a scientific approach to understanding behavior and refers to a set of principles that focus upon how behaviors change, or are affected by the environment, as well as how learning takes place. [CLICK HERE](#) for more about the FCPS ABA Program.

### Twice-Exceptional (2e) Handbook

The [Twice-Exceptional \(2e\) Learners Handbook and Resources](#) were developed to provide schools and families with insight and guidance associated with the identification, instruction, and social-emotional wellness of students who are gifted and have learning challenges or disabilities. [CLICK HERE](#) to access the Twice-Exceptional (2e) Handbook.

## LOCAL RESOURCES



### The Special Education PTA of Fairfax County

<https://fairfaxcountysepta.org/>

<https://www.facebook.com/FairfaxCountySEPTA/>

Empowering and connecting families, students and educators to ensure students with disabilities develop their full potential as individuals and community members. Parents, professionals and educators of students with special education and disability needs have atypical circumstances, challenges and interests. Often, these special educational needs may not be the focus of programs designed for {predominantly} general education students. A Special Education PTA can supplement the educational experience for disabled students, families and professionals to support academic and social success. In addition, it allows for such parents, students and professionals to:

- Connect with and support one another
- Fund, sponsor and provide special trainings, workshops and events unique to special education needs

- Understand and navigate the special education system and special education and disability rights under the law

The SEPTA does not take the place of a local school PTA nor any other PTA organization. We encourage all SEPTA members to participate in their local PTAs. Participation in your local PTA(s) will provide general PTA and school-based programming and participation opportunities that our county-wide SEPTA may not.

### SEPTA - Recommended Research Opportunities

#### Research Study Opportunity – African American Parents' Views on Parenting a Child with Autism

This survey is for Black or African American parents of a child, age 17 or younger, with ASD. A \$20 Amazon gift card is offered for a completed survey. Contact: Ms. Ware at [66ware@cua.edu](mailto:66ware@cua.edu) for questions

Survey link: <https://www.surveymonkey.com/r/childrensnationalautism>

#### IDD Research Study with Spanish Speaking Families – In Spanish, \$50 gift card to those enrolled

Young adults with intellectual disabilities and their families are sought for interviews on COVID-19 materials for adults with intellectual disabilities.

Screener: <http://www.COVID19educationalmaterials.thehennegroup.com>

#### Research Study – The Use of Communication Devices by Young Children with Autism

Drexel University is recruiting parents and providers for a focus group on the use of communication devices by children (ages 24-72 months.) with autism. Interest form: <https://tinyurl.com/EPICfocus>

The below SEPTA-recommended resources are FREE unless otherwise noted. Registration required where indicated:

#### What Is Your Child's Sensory Profile? Strategies for Supporting Children with ADHD and SPD

**Tuesday, January 4, 2022, 1:00pm, with replay link**

Gain insight into how to parent a child with ADHD and SPD by using a sensory profile, sensory supports, and fostering co-regulation. Register: <https://www.additudemag.com/webinar/sensory-processing-disorder-adhd-support-child/>

#### Screen Time and Mental Health in Youth

**Wednesday, January 5, 2022, 7:30pm – 9:00pm, \$10**

Learn the latest research findings on digital addictions, mental health in children, and what to do when excessive screen time becomes a

problem. Register: <https://www.rosscenter.com/event/screen-use-and-mental-health-in-youth/>

#### ADHD Medication Workshop for Parents of Children and Adolescents

**Thursdays, January 6, 13, & 20, 2022, 8:00pm – 9:00pm, with related ADHD video course, \$0-\$250**

Learn best practices for medication trials and discontinuation trials as well as ways to manage medication side effects and uneven medication coverage. Register:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5gx97c2c76ff1&oseq=&c=&ch=>

#### Estate Planning and Legal Authority For Parents

**Friday, January 7, 2022, 10:00am – 12:00pm**

Learn how to establish an estate plan that will protect your future adult child's inheritance while retaining their eligibility for public benefits.

Register: [https://us06web.zoom.us/webinar/register/WN\\_SWqK1mKQZu3WWrMXTNXUQ](https://us06web.zoom.us/webinar/register/WN_SWqK1mKQZu3WWrMXTNXUQ)

### **Focus on Inattentive ADHD: The Under-Diagnosed and Under-Treated Subtype**

**Monday, January 10, 2022, 1:00pm – 2:00pm, *with replay link***

The academic, social, and emotional difficulties of children with undiagnosed inattentive ADHD can be avoided with appropriate treatment.

Register: <https://www.additudemag.com/webinar/inattentive-adhd-subtype-diagnosis-treatment/>

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

**Monday, January 10 to Monday, January 24, 2022, *with access 24/7***

Get accurate and useful information around IEP development and meetings with this self-paced online training that emphasizes practical strategies.

Register: <https://www.eventbrite.com/e/iep-university-iepu-registration-208119550177>

### **The Power of Involving Families – In Spanish**

**Lunes el 10 enero, 2022, 7:00pm**

El poder de involucrar a las familias

Descubra cómo la construcción de relaciones entre los padres y las escuelas que involucran a las familias de los estudiantes con discapacidades tiene un impacto positivo en los estudiantes.

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

### **Teaching Collaborative Problem Solving to Children and Adolescents**

**Tuesdays, January 11, 18, & 25, 2022, 7:30am – 8:30am, \$0-\$250**

Understand the reasons to use this approach and how to implement it to solve problems inherent in some children's underdeveloped skills.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5jd3o431c9f0d&oseq=&c=&ch=>

### **Breaking the Autism Code**

**Wednesday, January 12, 2022, 6:30pm – 7:30pm, Autism F.I.R.S.T. 131 Elden St. #302, Herndon, Virginia 20170**

Author Cindy Lang Walsh will present her book and share information on autism.

Register: <https://autismfirstus.com/events/>

### **Executive Functioning and Dysregulation: Understanding and Supporting Neurodiverse Students**

**Wednesday, January 12, 2022, 7:00pm – 8:30pm**

Reasons for dysregulation, such as anxiety, inflexibility, or slow processing speed, will be discussed and then effective ways to develop self-regulation. Register: [https://labschool-org.zoom.us/webinar/register/9516279319586/WN\\_VFfOa4E9RZ2e7f6ORCkCrQ](https://labschool-org.zoom.us/webinar/register/9516279319586/WN_VFfOa4E9RZ2e7f6ORCkCrQ)

### **Guiding Exceptional Parents Book Discussion**

**Wednesday, January 12, 2022, 7:30pm**

In the book, “*What Happened to You?*”, the authors provide a profound shift for understanding behavior and trauma, as well as insights on kids with ADHD.

Register: <https://guidingexceptionalparents.com/maryland-book-club-registrations/>

### **Reading Comprehension and Autism**

**Wednesday, January 12, 2022, 6:00pm – 7:10pm**

Access: <https://www.lcps.org/page/140009>

### **Practical Strategies for Parents of Neurodiverse Children – 6 session class, \$300-\$450 suggested**

**Thursdays, January 13 to February 17, 2022, 12:00pm – 1:30pm**

The “*Raising Orchid Kids*” class is for parents of children, ages 3-12, who have developmental, behavioral, or learning challenges. Register: <https://www.raisingorchidkids.com/raising-orchids-core-course>



## **SSI and SSDI Basics**

**Thursday, January 13, 2022, 6:30pm –7:30pm**

Learn who is eligible, the difference between SSI and SSDI, how income affects these benefits, and who qualifies for Medicaid and Medicare. Register: <https://peatc.org/event/ssi-and-ssdi-basics/>

## **How to Care for YOU in 2022: Self Care and Kinship Caregivers**

**Friday, January 14, 2022, 12:00pm –1:00pm**

Connect with other kinship caregivers on how to enhance self-care and find ways to solve problems with community partners for children in your care.

Register: <https://register.gotowebinar.com/register/493919733968249100>

## **Preschool Child Find Chats: Developing Skills Through Play and Routine**

**Tuesday, January 18, 2022, 6:30pm – 8:00 pm**

Share and discuss ways to develop your preschool child's skills through play and incorporating developmental activities into daily routines. Register: <https://www.lcps.org/Page/180231>

## **Raising Problem Solvers vs Direction Followers**

**Tuesday, January 18, 2022, 7:30pm – 8:30pm, with replay link, \$10**

Consider how to give your child tools to strengthen his or her brain to build the habits and routines that allow them to take ownership of tasks. Register: <https://www.eventbrite.com/e/raising-problem-solvers-vs-direction-followers-tickets-224758517777>

## **Ask an Advocate**

**Wednesday, January 19, 2022, 6:30pm – 7:30pm, 131 Elden Street #302, Herndon, Virginia 20170**

This discussion of what “appropriate” and “special” mean in a special education setting can help parents advocate for their child at school. Register: <https://autismfirstus.com/events/>

## **Disability is Not a Dirty Word**

**Wednesday, January 19, 2022, 7:00pm – 8:30pm**

Focusing on strengths, differences, and self-determination can reshape the way we see our autistic children and help them live the life they want. Register: <https://xminds.org/event-4571374>

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

**Wednesday, January 19, 2022, 6:30pm –7:30pm**

Learn important details about the initiation procedures for special education services, including timelines for referral, evaluation, and eligibility decisions.

Register: <https://www.eventbrite.com/e/special-education-workshop-series-registration-220218598757>

## **Parenting a Defiant Child: “Won’t or can’t”?**

**Wednesday, January 19, 2022, 7:00pm – 8:00pm, with replay link**

Learn how to respond to a child who feels threatened in ways that will help your child calm down and learn how to solve their problems.

Register: <https://register.gotowebinar.com/register/4669016072289323276>

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

**Wednesday, January 19, 2022, 6:30pm –7:30pm**

Learn about supported decision-making, why it's important, and how it can have a positive impact on your child's present and future. Register: <https://www.eventbrite.com/e/supported-decision-making-in-special-educationstart-early-registration-221030828157>

### **Collaborative & Proactive Solutions: Two-Day Virtual Training**

**Thursday & Friday January 20 & 21, 9:45am – 5:15pm, \$99-\$159**

Participants will learn how to use the Assessment of Lagging Skill and Unsolved Problems, and how to solve problems collaboratively. Register: <https://www.eventbrite.com/e/2022-collaborative-proactive-solutions-2-day-virtual-training-registration-163491961859>

### **Beneficios por Discapacidad: Exenciones de Medicaid de Virginia**

**Jeues 20 de Enero, 2022, 6:30pm – 8:00 pm**

Los beneficios del gobierno están disponibles para ayudar a las personas con discapacidades. Obtenga información sobre los beneficios de exención de VA Medicaid; quien es elegible; y cómo aplicar. Registrarse: <https://peatc.org/event/beneficios-por-discapacidad-exenciones-de-medicaid-de-virginia/>

### **Depression in Children and Teens: What You Need to Know**

**Thursday, January 20, 2022, 1:00pm –2:30pm, \$0-\$15, Coupon code: *DEPRESS***

This overview will include diagnostic criteria, treatment options, and how parents can support children and youth with depression. Register: <https://adoptionssupport.org/event/syf-webinar-depression-in-children-and-teens-what-you-need-to-know/>

### **The Healing Power of Play**

**Thursday, January 20, 2022, 5:00pm – 7:00pm**

Free copy of “Playful Parenting” by Lawrence J. Cohen. Explore playful parenting concepts and their usefulness in disarming fear and building connection with your child.

Register: <https://adoptionssupport.org/event/for-northern-virginia-families-the-healing-power-of-play-workshop/>

### **The Message of Behavior: What Is Your Child Trying to Communicate?**

**Thursday, January 20, 2022, 6:30pm – 8:30pm**

Identifying and assessing the function of behavior is critical to finding the most effective strategies for interventions and change. Register: <https://bit.ly/3xpo3Hi>

### **Thank Goodness It's Financial Fitness Friday**

**Friday, January 21, 2022, 10:00am –11:30am**

A certified financial planner will answer questions related to financial planning for families of individuals with a debilitating condition.

Register: [https://us06web.zoom.us/meeting/register/tZ0sdeqprj4iHNZium\\_0lABjEFZOf06nQyhX](https://us06web.zoom.us/meeting/register/tZ0sdeqprj4iHNZium_0lABjEFZOf06nQyhX)

### **Health and Wellness Training – for Parents of Students with Disabilities**

**Monday, January 24 & Monday January 31, 2022, 6:30pm – 8:30pm**

Gain tips on how to talk with your child because it is critical to your child's health and safety, via instruction in social, safety and self-care skills.

Register: <https://bit.ly/3Ei8xp8>

### **New Advances in Treating ADHD**

**Tuesday, January 26, 2022, 7:30pm**

Consider how genetic testing may help in the selection of ADHD medication, and how to maximize its effectiveness and minimize side effects,

Register: <https://www.eventbrite.com/e/new-advances-in-treating-adhd-tickets-228380039847>

### **Nutriendo a los padres – curso de 8 clases en español**

**Miércoles, 26 de Enero al 16 de Marcha, 2022, 6:00pm – 8:00pm**

Los padres de niños de todas las edades recibirán apoyo para controlar el estrés, desarrollo infantil, reglas y expectativas familiares y fortalecimiento de las relaciones.

Registrarse: <https://scanfamilies.org/classes-workshops/>

### **Nurturing Parents – 8 class course in English**

**Wednesdays, January 26 to March 16, 2022, 6:00pm – 8:00pm**

Parents of children of all ages will receive support in managing stress, family rules and expectations, and strengthening relationships. Register: <https://scanfamilies.org/classes-workshops/>

### **Ready or Not, Here They Grow! - In English and Spanish**

**Thursday, January 27, 2022, 6:00pm – 7:30 pm, En ingles y español**

Learn about developmental milestones, why they are important, and what to do if your child's pattern is different. Register/Registrarse: <https://bit.ly/3uO5u4M>

### **The Power of Reset: Get Your Parenting Back on Track**

**Thursday, January 27, 2022, 7:00pm – 8:30pm, \$0-\$20**

Explore how to reset your parenting, using simple brain science, easy-to-implement tools, and tips for connection. Register: <https://thescamoreschoolva.org/events/the-power-of-reset-get-your-parenting-back-on-track/>

### **Strengthening Families – For Parents of Youth ages 10-14**

**Thursdays, beginning January 27 to March 10, 2022, 6:00pm – 8:00pm**

Strengthen your family bond with games, projects, and discussions of topics such as family stress, tobacco use, peer pressure, and more.

Register: <https://scanfamilies.org/classes-workshops/>

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

**Thursday, January 27, 2021, 8:00pm – 9:30 pm, \$0-\$35**

This discussion of anxiety in children and family systems will include how to do child exposure therapy and parent accommodation reduction.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5kyzw22401193&oseq=&c=&ch=>

### **LCPS Mental Health & Wellness Conference**

**Saturday, January 29, 2022, 9:00am – 12:00pm, Lightridge High School, 41025 Collaboration Drive, Aldie, Maryland 20105** Sessions include topics on anxiety, suicide prevention, community resources, etc.

Register: [www.navigatethepathl.com/](http://www.navigatethepathl.com/)

### **SEPTA - Recommended *On Demand* Resources**

**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 call 703.324.8563.**

### **Adapted Recreation for Kids – Fairfax County Parks**

Swimming, gymnastics, ice skating, fitness, park explorers.

Information: <https://www.fairfaxcounty.gov/parks/adapted-programs>

### **The Arc@School Advocacy Curriculum, \$99 for 6 months**

Build up your special education knowledge, know the law, and learn to advocate for the services and supports your child needs at school. Purchase: <https://thearcatschool.org/advocacy-curriculum/>

**Dyslexia & the IEP – How to Make Sure the IEP Is in Tip-Top Shape, \$200, (scholarships available), webinar, available 24/7.** Access: <https://www.youtube.com/watch?v=frehRL58UTs>

### **Fairfax County's Pre-Notification 911 Program**

Enroll now in this new public safety program for individuals with disabilities.

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

### **Family Coaching – 8-12 week program**

Work weekly one-on-one with a coach to identify individualized goals and create a targeted family plan.

Register: <https://a109092.socialsolutionsportal.com/apricot-intake/e8afd273-4daa-4525-a1f1-b8ee33528344>

### **NAMI Basics**

This 6-session course is for adults who provide care for youth, (ages twenty-two and younger), who are experiencing mental health symptoms, (including ADHD and ASD).

Register: <https://publiccourseapi.nami.org/Learner/Login?ReturnUrl=%2F>

### **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)

### **Scholarships for Classes with Fairfax County Parks**

Children of families that receive public assistance, (i.e., 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>

### **Special Education During a Pandemic**

Learn what the laws specify that schools should provide, and how you can best support your child.

Access: <https://drroseann.com/special-education-during-a-pandemic/>

### **The Arc@School Advocacy Curriculum, \$99 for 6 months**

Build up your special education knowledge, know the law, and learn to advocate for the services and supports your child needs at school.

Purchase: <https://thearcatschool.org/advocacy-curriculum/>

### **Wrightslaw Special Education Law and Advocacy Training, \$50-\$90**

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>



## SEPTA - Recommended Support Groups for Parents

The groups listed below are open to newcomers and are free of charge, except where indicated. **Many group offerings have switched to online format.** Diagnoses are not required for participation and confidentiality is respected. Participants are typically provided with the opportunity to share their experiences; and then, in turn, seek guidance and support from group members regarding both community and school resources.

**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, 6:00pm-7:30pm. Register at least 24 hours in advance by email at [BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or 703-324-7720 or 703.324.7720.

**Alpha Moms** – 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 Northern Virginia Virtual Support Group** – 2nd Saturday of the month, 1:00pm-2:30pm via Zoom at <https://us02web.zoom.us/j/9466001682>, Meeting ID: 83085728013

**Business Networking Event for Special Needs Parents** – Alternate Fridays, beginning May 29th and ongoing, 9:00am-10:30am *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 7:00pm-8:30 pm. Registrarse con al menos veinticuatro horas de anticipación: [BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) o 703.324.7720.

**CHADD** – Children and Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** – Meets fourth Monday of each month at 6:30 pm. Contact Alyssa at [ADHDParentMountVernon@gmail.com](mailto:ADHDParentMountVernon@gmail.com) or call 303.903.9972.
- **Loudoun County CHADD Parent Support** – Meets third Tuesday morning of each month, Sterling. Contact Bonnie Little at 571.306.2932 or on Facebook [@loudounahdhsupport](https://www.facebook.com/loudounahdhsupport).
- **West Fairfax/Burke CHADD Parent Support Group** – Meets first and third Thursday of each month at 8:00 pm. Contact Cathy at [ocgreulich@aol.com](mailto:ocgreulich@aol.com).

**Chat Group for Latino Parents – in Spanish**

Grupo de Chat para Padres: Unete a nuestro Grupo de chat mediante la aplicación de WhatsApp y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al Group: <https://bit.ly/2VoU2vw>

**D.A.D.S. – Dads Appreciating Down Syndrome** – Meets third Tuesday of each month from 7:00pm-9:00pm via Zoom. Contact George Buzby at [gbuzby@aol.com](mailto:gbuzby@aol.com) or call 703.545.6089.

**Dr. Dan's Support Group for Parents Raising Challenging Children –**

Meets on Mondays from 1:00pm-2:00pm via Zoom. Register:

<http://survey.constantcontact.com/survey/a07eh2rnzqrk9vdghmb/a0179kbgrhbj1/questions>

**Fairfax Juvenile Court Parent Support Group –** For problems including runaway behavior, truancy, and serious behavioral problems at home, 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 first Friday monthly, 12:00pm - 12:45pm, at Gum Spring Library 24600 Millstream Drive, Stone Ridge.

**Formed Families Together –** Consists of 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>

**Grupo de Educación y Apoyo a Padres –** en Española se reúne el cuarto sábado de cada mes, de 10:00am a 11:00am en Zoom en <https://us02web.zoom.us/j/9466001682>, ID de reunión: 946 600 1682

**Kinship Café –** Meets the second Wednesday of the month from 6:30pm-8:00pm. For those raising children of friends or relatives. Contact: [buildingstrongerfamilies@fairfaxcounty.gov](mailto:buildingstrongerfamilies@fairfaxcounty.gov) or call 703.324.7720.

**NAMI: National Alliance on Mental Illness –** Builds better lives for affected families. Arlington Parent Support Group meets two Sundays per month at 7:00pm-8:30pm. Contact Michelle Best at [mczero@yahoo.com](mailto:mczero@yahoo.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 the 4th Thursday, monthly. Email [namicva.org](mailto:namicva.org) or call 804.285.1749.

**OCD Family Support Group –** Meets first Monday of each month at 7:30pm.

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 Monday, 7:45pm-9:15 pm, and en Español, Miércoles, 7:00pm-8:30pm. Register at least 24 hours in advance via email at [BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or 703.324.7720.

**Parents in a Pandemic –** For families of children or young adults with developmental and/or behavioral challenges. Meets Tuesdays, twice monthly, 5:30p – 6:30pm.

Register: <https://thearcofnova.org/jun-dates-for-virtual-parent-support-group-meetings/>

**Parents of Autistic Children (POAC-NOVA) Parent Support Group –** Meets (occasional) on Saturdays. Contact: Brianne Russel-Morris [administrator@poac-nova.org](mailto:administrator@poac-nova.org).

**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 at [mojgan.pourmand@eastersealsucp.com](mailto:mojgan.pourmand@eastersealsucp.com).

[CLICK HERE](#) and scroll down to view SEPTA's complete list of upcoming events.

## **ADDITIONAL RESOURCES**

### **Autism Society of America**

[www.autism-society.org](http://www.autism-society.org)

The Autism Society of America's goal is to increase public awareness about autism and the day-to-day issues faced by people with autism as well as their families and the professionals with whom they interact. [CLICK HERE](#) to learn more about the Autism Society of America in Northern Virginia.

### **Autism Speaks, Inc.**

[www.autismspeaks.org](http://www.autismspeaks.org)

Autism Speaks, Inc., is the largest autism advocacy organization in the United States. It sponsors autism research and conducts awareness and outreach activities aimed at families, government and the public. [CLICK HERE](#) to learn more about Autism Speaks, Inc., in the National Capital region.

### **The Arc of Northern Virginia**

<https://thearcofnova.org>

The Arc of Northern Virginia is a local chapter of the largest non-profit organization supporting thousands of people with intellectual and developmental disabilities (ID/DD) and their families. Our service area includes the cities of Alexandria, Fairfax and Falls Church, as well as Arlington and Fairfax Counties. We are a small, grassroots, 501(c)(3) non-profit organization governed by a local volunteer board of directors. [CLICK HERE](#) to learn more about the Arc of Northern Virginia.

### **Best Buddies International**

[www.bestbuddies.org](http://www.bestbuddies.org)

State Headquarters – 6231 Leesburg Pike, Suite 310, Falls Church, VA 22044, 703.533.9420  
Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with Intellectual and developmental disabilities (IDD). This vibrant organization has grown from one original chapter to nearly 2,900 chapters worldwide, positively impacting the lives of over 1.25 million people with and without IDD. Best Buddies programs engage participants in each of the 50 states and in 54 countries around the world. [CLICK HERE](#) to learn more about Best Buddies in the National Capital region.

### **The Kennedy Krieger Institute**

[www.kennedykrieger.org](http://www.kennedykrieger.org)

Located in Baltimore, Maryland, Kennedy Krieger Institute is an internationally recognized institution dedicated to improving the lives of children and young adults with pediatric developmental disabilities and disorders of the brain, spinal cord and musculoskeletal system, through patient care, special education, research, and professional training. [CLICK HERE](#) to learn more about the Kennedy Krieger Institute.

### **The Parent Educational Advocacy Training Center**

<https://peatc.org>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life. Our special focus is children with disabilities. We do this by providing:

- Services and support for families and professionals;
- easy-to-understand, research-based information and training; and
- opportunities for strategic partnerships and advocacy for systemic improvement.

[CLICK HERE](#) to learn more about the Parent Educational Advocacy Training Center.