

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.

SPECIAL NOTICE

The Virginia Department of Education

2022 Parent Involvement Survey

All parents of school-aged children and youth with disabilities who receive special education services in Virginia are encouraged to complete the Virginia Department of Education's (VDOE's) annual Parent Involvement Survey. The survey will remain open through December 16, 2022.

[Parent Involvement Survey - English](#)

[Parent Involvement Survey - Spanish](#)

[Parent Involvement \(Indicator 8\) Survey - Frequently Asked Questions](#)

If you have questions regarding this survey, please contact Chiquita Seaborne, Family Engagement Specialist/Special Projects Coordinator, via telephone at (804) 225-3898 or via email, at Chiquita.Seaborne@doe.virginia.gov.

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. Its library is open for pick-up on Wednesdays and Fridays, by appointment only, from 9:30am – 3:30pm; or you may [CLICK HERE](#) to access eBooks. Follow the PRC on [Twitter](#), [Facebook](#) and tune into its [You Tube Channel](#) to see a selection of recorded workshops. Bookmark the [PRC website](#) to stay up-to-date with future workshops and resources. [Staff](#) is available by phone [703.204.3941](tel:703.204.3941) or email prc@fcps.edu.

The following is a complete list of October workshops:

Dads: Stop The Power Struggles & Get The Respect You Want

October 6, 2022, 6:30pm – 8:00pm

As Dads, we want to be respected so our kids don't make the same mistakes we made. But how do you discipline and motivate kids who don't respond to consequences?

Celebrate Calm Founder, Kirk Martin, will give dads practical strategies to:

- De-escalate situations and stop common power struggles.
- Get your kids to actually listen to you.
- Stop the defiance and disrespect without yelling or threatening.
- Motivate kids who don't try hard or quit. Handle the chaos at home after a long day at work.
- Connect with your partner again even when you disagree and have grown apart.

[Register for Dads: Stop The Power Struggles & Get The Respect You Want](#)

The Social Emotional Learning Screener - What Every Family Needs to Know

October 7, 2022, 10:00am – 11:30am

Social and emotional learning competencies are foundational skills for success in school and beyond. Students will participate in the SEL Screener in the fall and spring this year. The screener provides valuable information that guides planning and learning opportunities for families, staff, students, and school communities.

Join us in an informational session to learn more about SEL in FCPS, the role of the SEL Screener, and how families and schools might partner to foster skills over time.

Highlights include:

- Learn about SEL in FCPS
- Unpack the SEL Screener: What it is and how it's used?
- Understand student results
- Explore ways to continue conversations about SEL at home

Presented by:

Lisa Phifer, FCPS Educational Specialist, Trauma Informed SEL, and Jaynie Van Sant, FCPS Social and Emotional Learning Systems Specialist

[Register for The Social Emotional Learning Screener - What Every Family Needs to Know](#)

Promoting Digital Wellness

October 14, 2022, 10:00am – 11:30am

Access to technology provides limitless opportunities to connect with others, explore diverse perspectives, share and build upon ideas, get involved in the community, and find opportunities. However, many kids are online almost constantly, which poses a number of challenges that impact youth wellness.

Highlights will include:

- How the attention economy makes technology irresistible
- How adolescent development impacts youth technology use
- How schools and families can build the skills needed to navigate the complexity of online life

Presented by Tammi Sisk, FCPS Educational Specialist, Educational Technology, and Bethany Demers, FCPS Educational Specialist, Mental Wellness

[Register for Promoting Digital Wellness](#)

Meet the Author Series - Paige Saves the Day

October 27, 2022, 7:00pm

Paige is a happy kid with a unique fashion sense and creative imagination. Despite being bullied because of the things that make her different, she enjoys using her creativity to entertain her family and friends with stories in which she and her dog, Peppermint, are Superheroes who always save the day! Join us as the authors, Nalani Butler and Leila Butler, read Paige Saves the Day and share their experiences with families. Children are welcome to join their families for this very special webinar and book reading.

[Register for the Meet the Author Series - Paige Saves the Day](#)

Manejando el estrés serie de 3 partes

Part #1: Manejar los momentos estresantes de la vida, Octubre 28, 2022,10:00am

- ¿Qué es estrés?
- Diferencia entre estrés agudo y estrés crónico.
- Síntomas del estrés en adultos.
- Cómo los síntomas del estrés afectan las habilidades de crianza.
- Síntomas del estrés en niños .
- Cómo el estrés afecta el rendimiento escolar en los niños.

Part #2: Estrategias de manejo del estrés, Diciembre 12, 2022, 10:00am

- ¿Qué es el autocuidado?
- ¿Por qué es importante el autocuidado?
- Cómo practicar el autocuidado.
- Técnicas de relajación
- Gestión del tiempo

Part #3: Apoyando a sus hijos durante tiempos estresantes, Marzo 23, 2022, 10:00am

- Construyendo Resiliencia
- Reestructurando nuestro pensamiento
- Cómo reparar la relación con nuestros hijos.

Presented by:

- Aynalem (Nalem) Valdes, MS.Residente en Consejería de Salud Mental en Servicios Familiares del Norte de Virginia, Centro Multicultural
- Ana Stevenson, MS. Trabajadora Social Clínica Licenciada en Servicios Familiares del Norte de Virginia ,Centro Multicultural

[Registro Manejando el estrés serie de 3 partes](#)

[CLICK HERE](#) to stay informed about future PRC virtual and in person 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: (a) Connect with and support one another; (b) fund, sponsor and provide special trainings, workshops and events unique to special education needs; and (d) 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.

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

Sensory-Friendly Hours at the U.S. Botanic Garden

Sunday, October 2, 2022, 5:30pm – 7:00pm, 245 First St. Washington DC

Families with students with cognitive or sensory disabilities may come to explore the exhibits and for sensory-friendly activities. Contact Maura.Nelson@aoc.gov with your family name and the number of individuals that will be visiting.

Family Engagement: Your Voice Matters

Tuesday, October 4, 2022, 6:00pm – 7:00pm

Learn the importance of ensuring that your family's voice is heard in collaborations with schools. Register: <https://peatc.org/event/family-engagement-workshop-series-your-voice-matters/>

Navigating Social Security and Department of Social Services Benefits

Tuesday, October 4, 2022, 11:00am

Learn how to apply for disability benefits, who's eligible for the benefits, and how to work while maintaining benefit eligibility.

Register: https://us06web.zoom.us/webinar/register/WN_CNKBFIWsTfi4IY7eXy4k9w

Why Is Time So Slippery? Understanding Time Blindness in People with ADHD

Tuesday, October 4, 2022, 1:00pm, with replay link

Learn how ADHD impacts the way individuals see time, plus strategies to manage time more effectively. Register: <https://www.additudemag.com/webinar/time-blindness-adhd-productivity-management/>

Special Education: Anatomy of an IEP

Wednesday, October 5, 2022, 6:30pm – 8:00pm

Learn about the individual parts of an IEP, and how they are used to develop a customized education plan.

Register: https://us02web.zoom.us/webinar/register/WN_Ap2upLW7Sk2IbdpQ0TYAzg#/registration

Dads: Stop The Power Struggles and Get The Respect You Want

Thursday, October 6, 2022, 6:30pm – 8:00pm

Learn strategies to stop common power struggles, get your kids to listen to you, stop their disrespect, and handle chaos at home.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSdbS2ZUHF1ZgFspjbyO2senCWnCAcpOg1COC5IWL-qSckK0jg/viewform>

Parents of Challenging Children: Preschool through Early Adolescence

Ten Thursdays October 6 to December 15, 2022, 8:00pm – 9:00pm, \$50-\$350

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

This course helps parents to identify the source of their child's challenging behavior and learn what to do about it. Information: <http://www.parentchildjourney.com/journey/>

Estate Planning and Legal Authority

Friday, October 7, 2022, 10:00am – 11:30am

Legal authority refers to who may act on your behalf. Learn how to secure your financial future and that of your child.

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

Transition University – Self-Paced Five Session Course

Monday, October 10 to Tuesday, November 29, 2022, 7.5 hours of material

Parents of K-12 students with disabilities can gain helpful information for long term educational planning. Register: <https://www.eventbrite.com/e/fall-2022-transition-university-registration-409914062997>

Effective Collaborating: Parent, Teacher, Student

Tuesday, October 11, 2022, 7:30pm – 9:00pm

For both parents and teachers, this session will focus on how to provide the information that the other needs to benefit the child. Register: <https://effectivecollaboratingparentteacherstudent.eventbrite.com>

Family Engagement: ABCs of Collaboration

Tuesday, October 11, 2022, 6:00pm – 7:00pm

Learn the importance of ensuring that all stakeholder's voices are heard in collaborations with schools. Register: <https://peatc.org/event/family-engagement-workshop-series-your-voice-matters/>

Preventing Abuse for Kids with Disabilities

Tuesday, October 11, 2022, 3:30pm – 4:30pm

Explore practical strategies to prevent abuse and foster healthy relationships for all children, especially those with disabilities.

Register: <https://vcurrtc.org/registration/webcast/index.cfm?webcastID=614>

A Healthy Mind and Body: The Modern Interplay of Psychotropic Medications, Medical Foods, and Physical Wellness

Wednesday, October 12, 2022, 7:00pm – 8:30pm

Gain an overview of how using medical foods, supplements, a healthy lifestyle, and diet can augment children's standard mental health care.

Register: https://labschoolorg.zoom.us/webinar/register/2216609298907/WN_gY2dSe1CRGawGVdRARZ_UQ

Anatomy of an IEP

Wednesday, October 12, 2022, 6:00pm – 8:00pm

Explore the sequence and contents of the sections of an Individualized Educational Plan, so that you can participate fully in shaping it.

Register: https://us02web.zoom.us/webinar/register/WN_kbLgiNKnOx6ESvptrbgKmw#/registration

Collaboration: Building Successful Home and School Support Teams

Wednesday, October 12, 2022, 10:00am – 11:30am OR 7:00am – 8:30pm

This event is part of the monthly ABA Parent Training.

Access: <https://www.fcps.edu/academics/academic-overview/special-education-instruction/applied-behavior-analysis-aba-program>

Planning for Transitions: Between Grades and Out of School

Wednesday, October 12, 2022, 1:00pm

Learn the steps that parents can take both in and apart from IEP meetings to improve transition experiences for their children.

Register: https://us06web.zoom.us/webinar/register/WN_UGwqdshASEGR0VU0CFVDpw

Stop Banging Your Head Against the Wall: Options for Dispute Resolution in Special Education

Wednesday, October 12, 2022, 7:00pm – 8:00pm

We will examine the rights of foster, adoptive, and kinship caregivers regarding dispute resolution, various options, and pros and cons of each.

Register: <https://register.gotowebinar.com/register/7078275853396411661>

ADHD Resource Fair

Saturday, October 15, 2022, 9:00am – 12:30pm, Vienna CC, 120 Cherry Street SE, Vienna

Meet businesses and organizations and learn how their services can support you or a family member with ADHD. Register: https://chadd_2022_resource_fair.eventbrite.com

Family Engagement: Strengthening Trust in Partnerships

Tuesday, October 18, 2022, 6:00pm – 7:00pm

Learn the importance of ensuring that all stakeholder's voices are heard in collaborations with schools.

Register: <https://peatc.org/event/family-engagement-workshop-series-your-voice-matters/>

Understanding Your Options: Diagnosis and Treatment for ADHD

Tuesday, October 18, 2022, 7:30pm – 9:00pm

Learn about ADHD diagnosis, treatments proven to be beneficial, and how to choose the right clinician for medication management. Register: https://understanding_your_options.eventbrite.com

Developing Social & Emotional Skills: A Proven Route to Success

Wednesday, October 19, 2022, 7:30pm – 8:45pm, \$10

Parents can help children develop skills to manage feelings and control their behavior, through everyday routines and family interactions. Register: <https://www.eventbrite.com/e/developing-social-and-emotional-skills-proven-route-to-success-tickets-425089944467>

Measurable IEP Goals

Wednesday, October 19, 2022, 6:30pm – 8:00 pm

Learn how to participate in developing IEP goals that will effectively guide instruction to help your child. Register: https://us02web.zoom.us/webinar/register/WN_Ap2upLW7Sk2IbdpQ0TYAzg#/registration

When ADHD Triggers Emotional Outbursts: Scripts for Your Flashpoints

Wednesday, October 19, 2022, 1:00pm

Learn how to identify triggers and develop awareness and language tools to intervene with flooding, rejection sensitivity, and frustration. Register: <https://www.additudemag.com/webinar/anger-management-outbursts-adhd-triggers/>

The Power of the Parent in Conflict and Bullying

Thursday, October 20, 2022, 1:00pm – 2:30pm, with extended access, Code: CONFLICT

Learn how bullying relationships form, effective solutions to end bullying, and how to handle youth conflict with school staff. Register: <https://adoptionsupport.org/syfwebinars/>

It's Complicated: When ADHD comes with Anxiety

Tuesday, October 25, 2022, 7:30pm – 9:00 pm

Explore the interplay between ADHD and an anxiety disorder, and gain strategies to manage symptoms more effectively. Register: https://its_complicated_adhd_and_anxiety.eventbrite.com

ADHD Is a Whole-Life, Whole Body Experience

Wednesday, October 26, 2022, 1:00pm, with replay link

Increase your understanding of how ADHD affects all areas of the body and how accepting (not rejecting) ADHD can yield positive effects.

Register: <https://www.additudemag.com/webinar/effects-of-adhd-whole-life-body/>

PLAN AHEAD:

Wrightslaw Conferencia Sobre Derecho y Defensa de la Educación – Interpretación simultánea al español

Miercoles y Jueves, 16 & 17 de Noviembre, \$165-\$210

Aprenda sobre la ley de educación especial, los derechos, las pruebas y medidas, los IEP SMART y la defensa. Registrarse: <https://www.wrightslaw.com/speak/22.11.md.htm>

Wrightslaw Education Law and Advocacy Conference – With interpretation in ASL

Wednesday and Thursday, November 16 and 17, 2022, with Q&A on Monday, November 21,

2022, \$165-\$210 Learn about special education law, rights, tests and measurements, SMART IEPs, and advocacy. Register: <https://www.wrightslaw.com/speak/22.11.md.htm>

More Than Sad – Parent Education

Sunday, November 21, 2022, 4:00pm – 6:00pm

This program teaches caring adults about depression, demystifies treatment, and encourages those in need to seek help. Register: <https://mtsssc10022022.attendase.com>

SEPTA - Recommended Ongoing and 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 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>

Advanced Training in Collaborative & Proactive Solutions, \$149

Participants will learn how to use the ALSUP assessment and how to solve problems collaboratively.

Access: <https://vimeo.com/ondemand/2dayjan22>

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/>

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/>

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>

Gun Violence Prevention Resources

<https://www.fcps.edu/resources/student-safety-and-wellness/gun-violence-prevention-resources>

NAMI Basics

This six-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>

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

Scholarships for Classes with Fairfax County Parks

For a *\$15 registration fee*, 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.

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

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 Parental Support Groups

Groups listed below are open to newcomers and are free of charge, except where indicated.

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 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 or 703-324-7720 or 703.324.7720.

Alpha Moms – Meets monthly in McLean. Support group for adoptive parents. Contact: robin4brady@gmail.com

Arlington Epilepsy Support Group – A list-serve, can be accessed at arlepilepsy@googlegroups.com.

Autism Dads – Meets monthly. Contact: George Buzby at 571.419.1257 or gbuzby@aol.com

Autism Society of Northern Virginia Virtual Support Group – Meets second Saturday, monthly, 1:00pm-2:30pm, via Zoom at <https://us02web.zoom.us/j/9466001682>, Meeting ID: 83085728013

Business Networking Event for Special Needs Parents – Meets alternate Fridays, 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 o 703.324.7720.

CHADD – Children and Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** – Meets fourth Monday, monthly, 6:30pm. Contact Alyssa at ADHDParentMountVernon@gmail.com or call 303.903.9972.
- **Loudoun County CHADD Parent Support** – Meets third Tuesday, monthly, in Sterling. Contact Bonnie Little at 571.306.2932 or on Facebook @loudounahdhsupport.
- **West Fairfax/Burke CHADD Parent Support Group** – Meets first and third Thursday, monthly, 8:00 pm. Contact Cathy at 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, monthly, from 7:00pm-9:00pm, via Zoom. Contact George Buzby at gbuzby@aol.com or call 703.545.6089.

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

Meets Monday, 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 phone consultation at <https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile>.

Family F.I.R.S.T. Fridays Autism Support Group – Meets first Friday, monthly, 12:00pm -12:45pm, at Gum Spring Library 24600 Millstream Drive, Stone Ridge, Virginia, 20105.

Contact: <https://library.loudoun.gov/GumSpring>

Formed Families Together – Virtual support group meets first Sunday, monthly. In-person support group meets third Wednesday, monthly. Consists of peer support groups for adoptive, kinship, foster caregivers and parents. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

Foster the Family Support Group – Meets third Monday, monthly, 6:30-8:00pm, in Falls Church. Childcare is provided. Register: <https://www.fosterthefamilydc.org/supportgroups>

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

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 7:00pm-7:45pm pm Registrarse: <https://xminds.org/event-4522635>

Heads Up and Talk It Out – Teen and Parent Recovery Groups – Meets Thursday, weekly, 6:00pm-7:00pm. Concurrent virtual groups for teens, (ages 14-17), who are working through emotional, mental health or substance use challenges. Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

Kinship Café – Meets second Wednesday, monthly, 6:30pm-8:00pm. For those raising children of friends or relatives. Contact: BuildingStrongerFamilies@fairfaxcounty.gov or call 703.324.7720.

Let's Talk Transitions – Meets fourth Wednesday, monthly, 7:00pm, to discuss autistic teens post-high school plans. Register: <https://xminds.org/event-4522626>

Military Families Support Group – Meets first Tuesday, monthly, 7:00pm-8:00pm. For military families with disabled dependents. Access: <https://us02web.zoom.us/j/9466001682#success> OR Email_director@asnv.org for details.

NAMI Family Support Group – Meets first and third Wednesdays, monthly, on Zoom. For parents of children living with mental health challenges including ADHD, ASD, etc.

<https://zoom.us/j/94509229914>

NAMI: National Alliance on Mental Illness – Meets Sundays, bi-monthly, 7:00pm-8:30pm. Arlington Parent Support Group to build better lives for affected families. Contact Michelle Best at mczero@yahoo.com.

NAMI Parent & Caregiver Support Group – Meets fourth Thursday, monthly. Email namicva.org or call 804.285.1749.

NOVA Adopt Friends Parent Peer Support Group – Meets third Thursday, monthly, 6:00pm –7:30pm via Zoom. For adoptive parents. <https://us06web.zoom.us/j/5687947368>

OCD Family Support Group – Meets first Monday, monthly, 7:30pm.

Contact: ela.mike@verizon.net or call 202.215.5859.

Parents of Autistic Children (POAC-NOVA) Parent Support Group – Meets occasional Saturdays.

Contact: Brianne Russel-Morris administrator@poac-nova.org.

Parent Café (for all Fairfax County parents and guardians) – Meets Monday, weekly, via Zoom in English, 7:45pm-9:15 pm. Meets en Español, Miércoles, 7:00pm-8:30pm. Register at least 24 hours in advance via email at buildingstrongerfamilies@fairfaxcounty.gov or 703.324.7720.

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

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

People of the Global Majority – Meets virtually, monthly, first Monday, 7:00pm-7:45pm. A discussion group for BIPOC parents of children with autism. 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 at mojgan.pourmand@eastersealsucp.com.

Small Steps Together – Meets virtually, monthly, fourth Monday, 7:00pm-7:45pm. Discussion group for parents of preschool and elementary children with autism. Register: <https://xminds.org/event-4778134>

Virginia Family Network Book Club – Meets monthly to discuss books selected for their value to parents and caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org

Virginia Family Network Parent Meetup – Meets first and third Fridays, 8:00pm. For parents/caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org

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

ADDITIONAL RESOURCES

Autism Society of America

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

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

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

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.