

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.

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 February workshops:

Meet the Author Series: “All Cats are on the Autism Spectrum” by Kathy Hoopmann

Thursday, February 9, 2023, 7:00pm – 8:00pm

Cats take a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with children on the Autism Spectrum. Join Kathy Hoopmann as she celebrates the diversity within this neurodiverse community by reading from her book and answering audience questions.

[Register for Meet the Author Series All Cats are on the Autism Spectrum by Kathy Hoopmann](#)
[CLICK HERE](#) to view the individual event page and/or share with others.

Neurodiversity at Elementary Schools

February 10, 2023, 10:00am – 11:30am

How can families partner with schools?

- Strategies to set your child up for success
- How to advocate for your child
- Tools for collaborating with your child's school

Presented by Kristen Haynor, FCPS Neurodiversity Specialist

[Register for Neurodiversity at Elementary Schools](#)

[CLICK HERE](#) to view the individual event page and/or share with others.

Future Planning for Elementary and Middle School Students in Special Education

February 15, 2023, 6:30pm – 8:30pm

For families, caregivers, and educators of students receiving special education services.

Join Career and Transition Services (CTS) to learn about planning for life in and after high school!

It's never too early or too late to prepare for your future. We want to help you start planning for a successful transition from school to life as a young adult.

- Ensuring the postsecondary success of our students with disabilities is dependent on what is known as transition planning. Please join CTS and other support service personnel for an evening focused on planning for the future.
- You will have the opportunity to meet and ask questions of representatives from CTS programs and services for students with disabilities, short- and long-term postsecondary supports, employment, and postsecondary education considerations, and Supported Decision Making, and student self-determination as an evidence-based predictor of post-school success.
- This event also includes a student/parent panel where members describe their firsthand experiences as they navigate Fairfax County Public Schools and plan for their child's future. A question/answer session will follow.
- FCPS Educators register in MyPDE to receive 2 recertification points for attending the entire event

[Register for Future Planning for Elementary and Middle School Students in Special Education](#)

[CLICK HERE](#) to view the individual event page and/or share with others.

Supporting Mental Health Through Play

Session 1: February 17, 2023, 10:00am – 11:30am

Session 2: February 24, 2023, 10:00am – 11:30am

Join us for a 2-part interactive session designed for parents, caregivers, and educators to discover how incorporating more unstructured play & sensory foundational activities to support all young children's development, including children with special needs and mental health concerns.

Session #1 Highlights: View the individual event page if you would like to [share this event with others](#).

- The power of unstructured play in creating opportunities to build executive functioning skills
- Differences in play experiences over the past 30-40 years
- Benefits and Ways of incorporating unstructured play into a child's day

Session #2 Highlights:

- Angie Voss' "power sensations" (movement & touch)
- Reflecting on our own temperaments, including sensory preferences, in order to provide a "goodness of fit" for our child or student
- Creating an environment where all young children can thrive

This webinar is presented by Early Childhood Special Education Assistant Director, Amber Gant, with George Mason's Training and Technical Assistance Center.

[Register for Supporting Mental Health Through Play](#)

[CLICK HERE](#) to view the individual event page and/or share with others.

[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:

Fairfax County Community Connect

The special needs of individuals, and information about pets and your residence can be included with emergency contacts. <https://www.communityconnect.io/info/va-fairfax-county>

Fairfax County Emergency Health Profiles

Ongoing medical and behavioral health conditions can be included, along with emergency contact information. <https://www.fairfaxcounty.gov/911/emergency-health-profile>

Mental Health Peer-Run Warm Line – in Spanish

Línea cálida de salud mental dirigida por pares

Este servicio es para personas que buscan recursos de salud mental o para quienes se preocupan por ellos.

[Llama o envía un mensaje de texto 1-866-400-MHAV \(6428\)](tel:1-866-400-MHAV)

New Mental Health Services for Youth Available, \$ varies

Short-term, solution-focused treatment (8-10 sessions) and care coordination with peer support now available for follow-up care. Contact: <https://www.jssa.org/healthymindsfairfax/>

Research Study – Executive Function Research Project

Tweens (ages 8-13) with any psychological diagnosis are sought for magnetic resonance imaging for executive function skills.

[Contact Laura Campos: lcampos@cnmc.org](mailto:lcampos@cnmc.org) or 301-765-5478

Special Education Complaint Toolkit – by PEATC

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

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

Two 911 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:

Nurturing Parenting Class – for families with children ages 5-11

Tuesdays, January 24 through May 9, 2023, 6:00pm – 8:00pm

Families increase their empathy, find new ways to foster appropriate behavior, build self-esteem, and learn to have fun together. Register via email: buildingstrongerfamilies@fairfaxcounty.gov or phone Lisa Payne-Chesley 703.324.7720

Parenting Education Class – For families with children ages 5-11

Tuesdays, January 24 to May 9, 2023, 6:00pm – 8:00pm

Families learn what to expect from children and how to build strong positive relationships, handle stress, and have fun as a family. Register: <https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs> email ParentingEducation@fairfaxcounty.gov or phone Lisa Payne-Chesley 703-324-7734

From Referral to Eligibility

Wednesday, February 1, 2023, 6:30pm – 7:30pm

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

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

Understanding the Manifestation Determination Review Process

Wednesday, February 1, 2023, 6:00pm – 7:30pm

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

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

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

Thursday, February 2, 2023, 6:00pm – 7:30pm

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

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

Parents of Challenging Children: Preschool through Early Adolescence

Thursdays February 2 to March 30, 2023, 8:00pm – 9:00pm, \$0 - \$350

This course helps parents to identify the source of their child's challenging behavior and learn what to do about it. Includes video course with over 10 hours of content.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ejfr1u4k3a123eb9&oseq=&c=&ch=>

"ReelAbilities" Film Festival: Northern Virginia

Thursday, February 2 to March 5, 2023, locations and costs vary

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

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

Building a Growth Mindset for Math – for 4th & 5th graders

Saturday, February 4, 2023, 1:30pm – 3:00pm, 6849 Old Dominion Dr. #200, McLean

The focus will be on how to use a growth mindset to shift our goal from "get it done fast" to "honor the process". Register: <https://www.eventbrite.com/e/growth-mindset-getting-our-minds-set-for-math-4th-5th-graders-tickets-506580775737>

Virginia Down Syndrome Association Education Conference

February 4, 2023, 9:00am – 4:00pm, Hilton Richmond, in-person & virtual, \$50-\$75

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

Register: <https://virginiadsa.org/education-conference-2/>

Building Strong Parent Advocates – Self-Paced Course

Monday, February 6 to Sunday February 26, 2023, 6 hours of content

Build a solid foundation to understand the special education process while being empowered to be your child's best advocate. Register: <https://www.eventbrite.com/e/building-strong-parent-advocates-registration-470256438667>

Parenting Education Class – in Spanish

Clase de educación para padres – para padres y sus hijos de 5 a 11 años

Lunes, 6 Febrero a 22 Mayo, 2023, 6:00pm – 8:00pm

Las familias aprenden qué esperar de los niños y cómo construir relaciones sólidas y positivas, manejar el estrés, y divertirse como familia.

Registrarse: <https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs>, email ParentingEducation@fairfaxcounty.gov or phone Alba Quinones 703-324-7310

Dads' Parenting Group

Tuesdays, February 7 to April 25, 2023, 6:00pm – 8:30pm

Hone your Father Skills by meeting with other Dads to focus on self-awareness, self-care, parenting skills and relationship skills.

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

More Than Sad – Training for Parents & Caring Adults

Tuesday, February 7, 2023, 7:00pm – 8:30 pm

This program teaches caring adults about depression, demystifies treatment, and encourages those in need to seek help. Register: <https://ncacmts02072023.attendease.com>

Say What? Early Communication and Conversation Without Words

Tuesday, February 7, 2023, 12:00pm – 1:00pm OR 6:30 – 7:30pm

Learn how early communication develops, practice conversation strategies, and discuss what it means for your non-speaking child. Register:

12:00pm: https://us02web.zoom.us/webinar/register/WN_HPTQQ4JbTJyxk3HslO6flg#/registration

6:30pm: https://us02web.zoom.us/webinar/register/WN_bg8tXqLKR826d5KR03ScmA#/registration

Early Identification of Learning Differences

Wednesday, February 8, 2023, 3:00pm

This webinar will help you capture those soft signs of learning differences before they become beacons. Action items included.

Register: https://us06web.zoom.us/webinar/register/WN_iuKeph9-QcaJt3XiSWGqwQ

From Referral to Eligibility – in Spanish

De la referencia a la elegibilidad

Miércoles, los 8 de Febrero, 2023, 7:00pm – 8:00pm

Conozca las etapas iniciales de la educación especial en Virginia.

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

Special Education Series – in Spanish

Serie De Educación Especial

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

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

Febrero 8, 2023: De la Referencia a la Elegibilidad

Febrero 22, 2023: Dentro y Fuera de las Reuniones del IEP

Marzo 8, 2023: Diez cosas que debe saber sobre un IEP

Marzo 22, 2023: Cómo Hablar para que las Escuelas Escuchen (y Escuchar para que las Escuelas Hablen)

Registrarse: https://us02web.zoom.us/webinar/register/WN_6X5XpNcAQWCkET2BhCU0CA#/registration

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

Thursday, February 9, 2023, 7:00pm – 8:00pm

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

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

Practical Strategies To Help Our Children With Anxiety

Thursday, February 9, 2023, 9:00am – 10:15am

Learn when and how to respond to anxiety in your child or teen, along with specific skills to use in the process. Register: <https://www.eventbrite.com/e/practical-strategies-to-help-our-children-with-anxiety-tickets-470684920267>

Talk Saves Lives: An Introduction to LGBTQ+ Suicide Prevention

Thursday, February 9, 2023, 7:00pm – 8:00pm

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

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

What About Us? Keeping Foster and Adoptive Parents Connected

Thursday, February 9, 2023, 7:00pm – 8:30pm

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

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

Neurodiversity in Elementary Schools: How Can Families Partner with Schools?

Thursday, February 10, 2023, 10:00am – 11:30am

Partner with your child's school to set your child up for success, and advocate for your child.

Register: <https://www.fcps.edu/event/neurodiversity-elementary-schools-how-can-families-partner-schools?>

Gratitude Shifts Everything – For parents

Saturday, February 11, 2023, 3:00pm – 4:30pm, online and at Service Source 10467 White Granite Ave. Oakton

Explore the benefits of gratitude, and how to use journaling as a way to capture your grateful moments. Register: <https://dsanv.salsalabs.org/GratitudeChangesEverythingFebruary11/index.html>

The Essential Messages of Trauma Responsive Practices

Tuesday, February 14, 2023, 3:30pm – 4:30pm

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

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

Virginia Early Hearing Detection and Intervention Conference

Tuesday and Wednesday, February 14 & 15, 2023, 9:00am – 3:00pm, Glen Allen, VA

Topics will include CMV screening, hearing screening, hearing loss, diagnostic testing, and family support and resources. Register: <https://web.cvent.com/event/169a6872-32bf-4fa5-b723-fc77e6aefe16/summary>

Anatomy of an IEP

Wednesday, February 15, 2023, 4:30pm – 5:30pm

Learn about the sequence and contents of the separate sections of an Individualized Educational Plan (IEP). Register: https://us02web.zoom.us/webinar/register/WN_yegcDXfSJCGh9YYrVKevQ#/registration

Communication: A Foundation for Independence

Wednesday, February 15, 10:00am – 11:30am OR Wednesday February 15, 2023, 7:00am – 8:30am

Part of the ABA program in FCPS

Access: <https://meet.google.com/hbr-rdpj-pfx>

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

Wednesday, February 15, 2023, 7:00pm – 8:30pm

Learn best practices for fostering student leadership in the area of diversity, equity, inclusion, and belonging. Register: https://labschool-org.zoom.us/webinar/register/9416612788599/WN_aIOVHG4TQ7GsbD2cC0OPZA

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

Wednesday, February 15, 2023, 2:00pm

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

Candid Conversations About The Experiences of Black Interracial Adoptees

Thursday, February 16, 2023, 1:00pm – 2:30pm, coupon code for up to \$15 off: CANDID, with extended access

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

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

Choosing the Best Summer Camps for Your ADHD Child

Thursday, February 16, 2023, 1:00pm

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

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

“Relationships:” A Program for Developing Healthy Relationships, Good Boundaries and Awesome Social Skills – For ages 12 and up with IDD

Thursdays, February 16, 23, & March 2, 9, 16, 30, 2023, 6:30pm – 7:30pm, \$100, Service Source 10467 White Granite Ave. Oakton

Students learn how to develop closer relationships with some people in their lives, while keeping others at a safe distance. Register: <https://dsanv.salsalabs.org/RELATIONSHAPES2023/index.html>

Early Childhood Academy – For families of young children with disabilities

Thursday, February 17 to Friday, March 31, 2023, self-paced course

Learn practical information to start early to help your child develop skills to be successful in life.

Register: <https://peatc.org/event/early-childhood-academy-spring-2022/>

Ins and Outs of IEP Meetings – In Spanish

Dentro y fuera de las reuniones del IEP

Miércoles, 22 de Febrero, 2023, 7:00pm – 8:00pm

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

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

Intersection of ADHD and Anxiety

Wednesday, February 22, 2023, 7:00pm – 8:30pm

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

Register by February 21, 2023: [email BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or call 703-324-7720

Supporting Mental Health Through Play – Part 2

Friday, February 24, 2023, 10:00am – 11:30am

Learn about individual sensory processing needs and preferences and creating an environment where all young children can thrive. Register: <https://www.fcps.edu/event/supporting-mental-health-through-play-part-2?>

Cecily's Advocacy Conference

Saturday, February 25, 2023, 8:00am – 12:00pm, McLean School, 8224 Lochinver Ln. Potomac, MD

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

Register: <https://docs.google.com/forms/d/e/1FAIpQLSdVdNOKcYEMdlmYNrPy7Y2tXuncGEIHOYfopOe4mdB6f88gtQ/viewform>

Talk Saves Lives: An Introduction to Suicide Prevention

Sunday, February 26, 2023, 4:00pm – 5:00pm

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

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

Youth Mental Health First Aid – Course for Adults

Tuesday, February 28, 2023, 9:00am-3:30pm, \$25

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

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

Save the Date – FCPS Special Education Conference

Saturday, April 29, 2023

This virtual conference will be a combination of live and recorded sessions. Registration will begin in April. Info: <https://www.fcps.edu/Special-Education-Conference>

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>

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.

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 Parents and Caregivers Group – Meets second Wednesday, monthly, 7:00pm-8:00pm, via Zoom at <https://us02web.zoom.us/j/9466001682#success>
Meeting ID: 946600168, one tap mobile 301.715.8592

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.

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/a0179kbgrhnj1/questions>

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

Embark in the DC Metro Parent Support Group –

Meets virtually, alternate Thursdays, 12:00pm – 1:00pm. For parents of children and youth with mental health challenges. Register: <https://www.embarkbh.com/event/dc-metro-virtual-parent-support-group/>

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, 6:30pm-8:00pm, in Falls Church. Childcare is provided. Register: <https://www.fosterthefamilydc.org/supportgroups>

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

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>

Infinity ABA Parent Connect – Meets online on the 2nd Thursday monthly, 7:00pm-8:30pm. For families with an child with autism, Guest speakers, discussions, and resources. Register: <https://www.infinityaba.com/events/>

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

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.

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.

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.