

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 March workshops:

SIBSHOPS: An Exciting, In-person Workshop for Brothers and Sisters of Children with Special Needs!

Friday, March 3, 2023, 9:00am – 12:00pm, Providence Community Center

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 setting.
- Celebrate the many contributions made by brothers and sisters of children with special needs.
- Share sibling experiences and receive peer support.
- Play games and have fun!

Presented by FCPS School Social Work Services

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

IEP Updates: A Webinar for Families

March 6, 2023, 6:30pm – 8:00pm March 7, 2023, 10:00am – 11:30am

The Department of Special Services would like to invite families who have children with special needs and are or could receive special education services in Fairfax County Public Schools to participate in a highly informative webinar. Highlights for the webinar include:

- New communication protocols
- Strategies for improved family input in the special education process
- Updated policies and procedures

- Overview of the FCPS Special Education Enhancement Plan
- Resources for Families

[Register for IEP Updates: A Webinar for Families](#)

[CLICK HERE](#) to view the March 6 individual event page and/or share with others.

[CLICK HERE](#) to view the March 7 individual event page and/or share with others.

Neurodiversity at Middle School

March 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 Middle Schools](#)

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

Unlocking the Mysteries of Sleep and the Developing Brain

Part 1: March 14, 2023, 10:00am – 11:30am

Part 2: March 28, 2023, 10:00am – 11:30am

Scientists have long recognized that getting enough sleep during childhood can benefit developing brains.

Join us for this series on the importance of sleep and the developing brain.

Webinar Highlights:

- Define sleep and understand the importance of sleep for children's healthy development
- Provide an overview of the sleep and wake cycle
- Identify common sleep concerns and sleep disorders in children and adolescents and how to approach them
- Illustrate the consequences of insufficient sleep
- Recognize some developmental aspects affecting sleep in children and adolescents

Presented by Dr. Shu Buckley, Director of the Sleep Disorders and Neurodevelopment Consult Service at National Institute of Mental Health. Dr. Concepcion Zayas, child and adolescent psychiatrist in the Sleep Disorders and Neurodevelopment Consult Service at National Institute of Mental Health.

[Register for Unlocking the Mysteries of Sleep and the Developing Brain](#)

[CLICK HERE](#) to view the March 14 individual event page and/or share with others.

[CLICK HERE](#) to view the March 28 individual event page and/or share with others.

Manejando el estrés serie de 3 partes

March 17, 2023, 10:00am – 11:30am

Parte #3: Apoyando a sus hijos durante tiempos estresantes

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

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

[Vea la página del evento individual si desea compartir este evento con otros.](#)

Preparing Families for Difficult Conversations about Alcohol & Drugs

Tuesday, March 21, 2023, 10:00 am – 11:30am

What knowledge and information do you need to engage in meaningful conversations with your children about drugs? Webinar Highlights:

- Understand basic info about alcohol, nicotine, cannabis, and opioids
- List what you can do as a caregiver

- Identify & connect with community resources

Presented by: FCPS Student Safety & Wellness Office

[Register for Preparing Families for Difficult Conversations about Alcohol & Drugs](#)

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

Suicide Prevention: A School and Family Partnership

March 24, 2023, 10:00am – 11:30am

Recognizing the warning signs and symptoms of suicide in youth is the first step in preventing youth suicide.

As a caregiver, you can serve as a trusted adult for your child and other young people.

In this session, caregivers will learn about the topic of youth suicide and how to respond to youth who may be demonstrating warning signs of a mental health challenge or who are in crisis.

Highlights of the webinar will include:

- Understanding protective factors and their impact on mental health
- Warning signs of suicide
- How to have conversations with your children about youth suicide
- Building strong school and family partnerships

Presented by Bethany Demers, FCPS Mental Wellness Specialist, and Kristen Biernesser, FCPS Counseling Resource Teacher.

[Register for Suicide Prevention: A School and Family Partnership](#)

[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:1866400MHAV)

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:

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>**

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>**

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/>**

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>

Special Education Mediation Toolkit – New Resource

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

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

“ReelAbilities” Film Festival: Northern Virginia

Now through 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/>

Early Childhood Academy, *self-paced course*

Now through March 31, 2023

Learn practical information to start early to help your child with a disability to develop skills to be successful in life. Register: <https://peatc.org/event/early-childhood-academy-spring-2022/>

Transition University – Self-Paced Course of 5 Sessions

Now through Tuesday, April 4, 2023, with access 24/7

Learn about the many options to maximize your child’s independence and quality of life when they age out of school. Register: <https://peatc.org/event/transition-university-winter-2023/>

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

Tuesdays, 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, through 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

Measurable IEP Goals

Wednesday, March 1, 2023, 6:30pm

Participants will learn how to participate in the IEP process, of writing goals to best help your student. Register: https://us02web.zoom.us/webinar/register/WN_yegcDXfSJCGh9YYrVKevQ#/registration

Making Math Accessible to Students with Learning Disabilities

Thursday, March 2, 2023, 7:00pm – 8:30pm, \$17.85

Learn about a multi-sensory approach to math using visuals and manipulatives for all grades, from preschool to college. Register: <https://www.eventbrite.com/e/making-math-accessible-to-students-with-learning-disabilities-tickets-517049678507>

Tech Team Thursday

Thursday, March 2, 2023, 12:00pm

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

Register: <https://us06web.zoom.us/meeting/register/tZMtce6qqD8jHNz6UyPkRgItKT7nmk3ecB6h>

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

Friday, March 3, 2023, 10:00am

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

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

Making & Keeping Friends: Developing Your Child's Social Skills

Friday, March 3, 2023, 10:00am – 11:30am

Register: https://us02web.zoom.us/webinar/register/WN_6B5fRS94Tii7sd_Q5XWtmw

Growth Mindset to Push Through Frustration – for 4th & 5th Graders

Saturday, March 4, 2023, 1:30pm – 3:00pm, 6849 Old Dominion Drive #200, McLean

Students will learn what a growth mindset is, why it matters, what to do when they get stuck and how to “push through” frustration. Register: <https://www.eventbrite.com/e/growth-mindset-to-push-through-frustration-tickets-506589421597>

IEP University (IEPU) – Self-Paced Course

Monday March 6, 2023, through Sunday March 26, 2023, with access 24/7

Get accurate and useful information about IEP development and meetings including many practical strategies. Register: <https://www.eventbrite.com/e/iep-university-iepu-registration-535977241357>

ADHD in Preschool – Placing All Young Children on a Path to Success

Tuesday, March 7, 2023, 5:00pm

Learn how early and effective treatment can blunt the typical developmental progression seen with ADHD. Register: <https://chadd.org/ask-the-expert/>

Talk Saves Lives: An Introduction to Suicide Prevention

Sunday, March 7, 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://ncactsl03092023.attendase.com>

Your Student's IEP Explained, Section by Section

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

The individual sections of an IEP will be explained along with how the different parts relate to each other. Q&A included. Register: <https://xminds.org/event-5053264?>

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

Wednesday, March 8, 2023, 1:00pm

Consider making customized changes to help your child with routines for organization, motivation, sleep, and connecting with peers. Register: <https://www.additudemag.com/webinar/self-regulation-executive-function-skills-independent-living-adhd/>

Ten Things You Need to Know about IEPs – in Spanish

Diez cosas que debe saber sobre un IEP

Lunes, 8 de Marzo, 7:00pm – 8:30pm

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

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

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

Wednesday, March 8, 2023, 7:00pm – 8:30pm, Lab School, 4759 Reservoir Road, NW Washington, DC

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

Register: https://labschoolorg.zoom.us/webinar/register/5416612790840/WN_eOyRe1IHSA2Y9MrsgUkP5g

Parenting Tips for Supporting Students with Executive Functioning Skills

Thursday, March 9, 2023, 7:00pm – 8:30 pm, 4600 N. Fairfax Drive # 300, Arlington

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

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

Three Proven Coping Skills to Help Kids with Worries – for parents of children 8 and up

Thursday, March 9, 2023, 9:00am – 10:00am

Learn about using these techniques: worry breaks, limit-setting, and

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

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

Tuesday, March 14, 2023, 10:00am – 11:30am

Delve into the basics of sleep and how getting enough sleep during childhood can benefit a developing brain. Register: <https://www.fcps.edu/event/unlocking-mysteries-sleep-and-developing-brain-part-1?>

Ins and Outs of IEP Meetings

Wednesday, March 15, 2023, 6:30pm – 8:00pm

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

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

Understanding Neurodiversity – Affirming Care

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

Parents of newly diagnosed children with autism can learn how to seek neurodiversity-affirming care for their child. Register: <https://xminds.org/event-5054609?>

Social Security Basics

Friday, March 17, 2023, 10:00am

Get information on the programs that provide benefits to disabled individuals, including when and how to apply. Register: <https://us06web.zoom.us/meeting/register/tZUkf-qoqDojEt1jcs-qbM1wYrrq9PZQqW7K>

Supporting Your Children During Stressful Times – In Spanish

Apoyando a sus hijos durante tiempos estresantes

Viernes, 17 de Marzo, 2023, 10:00am – 11:30am

Considere cómo reparar la relación con nuestros hijos reestructurando nuestro pensamiento y construyendo resiliencia. Register: <https://www.fcps.edu/event/manejando-el-estres-serie-de-3-partes-parte3-apoyando-sus-hijos-durante-tiempos-estresantes?>

Youth Mental Health First Aid – Course for Adults

Monday & Tuesday, March 20 & 21, 2023, 1:00pm – 4:30pm, \$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/hocode/ereg/Registration.aspx?groupID=47>

ADHD Then and Now – How Our Understanding Has Evolved

Tuesday, March 21, 2023, 1:00pm, with replay link

Consider how our ideas about ADHD have changed, and practical steps to benefit our children and teens now. Register: <https://www.additudemag.com/webinar/history-of-adhd-diagnosis-treatment-research/>

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

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

Miércoles, 22 de Marzo, 2023, 7:00pm – 9:00pm

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

https://us02web.zoom.us/webinar/register/WN_6X5XpNcAQWckET2BhCU0CA#/registration

ABCs of Behavior

Thursday, March 23, 2023, 6:00pm – 7:00pm

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

Register: https://us02web.zoom.us/webinar/register/WN_3oZp33yETyyaxb9lQd6jMQ#/registration

Disability Benefits: Social Security and Medicaid Waivers

Thursday, March 23, 2023, 6:30pm – 8:30pm

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

Register: https://us02web.zoom.us/webinar/register/WN_OAAQeOg3Tq6aqZNhhHcXFw#/registration

Suicide Prevention: A School and Family Partnership

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

Learn about youth suicide, how to respond to warning signs, and how to talk with your children about suicide. Register: <https://www.fcps.edu/event/suicide-prevention-school-and-family-partnership?>

Arc Reflections Class

Tuesdays, March 28 through May 30, 2023, 6:00pm – 8:00pm

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

Register: [Mary Elizabeth Fleming, 703.324.7870 or ParentingEducation@fairfaxcounty.gov](mailto:MaryElizabethFleming@fairfaxcounty.gov)

Dispute Resolution Options in Virginia

Wednesday, March 29, 2023, 6:30pm – 8:00pm

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

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

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 Community Support Groups for Parents

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.

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@asn.v.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/>

Parent Support for Raising Children – Meets on third Monday, monthly, through March 20, 2023, 1:00pm – 2:00pm. This 6-month group will focus on raising a child with a fetal alcohol spectrum disorder (FASD). Register: Email Carey Tompkins, tompkinscounseling@gmail.com your name and a brief explanation of your interest in the group.

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.