

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 April workshops:

Mathspace Summer Learning: Supporting your Secondary Student

June 1, 2023, 7:00pm – 8:00pm

Learn how to support your secondary student/students in continuing their mathematical learning over the summer using Mathspace. We will give participants a clear vision of how to use Mathspace to avoid the learning loss that often happens during the summer.

Webinar Highlights:

- Logging into and navigating Mathspace
- Working independently through the Student's Personalized Learning Path
- Learning how to help and support your student with the Mathspace tools

Families are encouraged to bring their children to the webinar.

Presented by Mathspace staff: Rhonda Davis, Head of Customer Success, North America, and Laura Teoli, Sales and Implementation Specialist.

[Register for Math Space Summer Learning: Supporting Your Secondary Student](#)

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

Setting the Stage for Summer Success

June 2, 2023, 10:00am – 11:30am

Are you interested in maximizing the summer months with your kids and teens, while also maintaining your sanity? Join us for this session filled with summer tips and resources.

This webinar will help you:

- Stay organized and on top of summer days
- Provide tools to help prevent and address common summer challenges.

[Register for Setting the Stage for Summer Success](#)

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

ST Math

June 8, 2023, 7:00pm – 8:00pm

ST Math teaches all students math in grades k-6, how the brain learns - whether distance learning, in the classroom, or at home

In this webinar, you will learn about how ST Math teaches math using visual models and engaging puzzles.

Webinar Highlights:

- A chance to experience a game,
- Learn how students can access their account over the summer,
- Some easy ways for families to support students while they play.

[Register for ST Math](#)

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

Kindergarten: What Every Family Needs to Know

June 9, 2023, 10:00am - 11:30am

Transition to kindergarten can be an exciting time for children and families. It can also be stressful. Join us to learn more about these important topics:

- Myths about Kindergarten
- What to expect
- Strategies for a smooth transition
- How to support your child's academic and emotional growth

In Collaboration with the Fairfax County Department of Neighborhood & Community Services/Office for Children

Presented by Lisa Pilson, Director of FCPS Early Childhood Curriculum and Grant Management, and Denise Forrest, Coordinator of FCPS Early Childhood and Special Education

[Register for Kindergarten: What Every Family Needs to Know](#)

[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:

Research Study on Brain Development in Children with Autism, up to \$90 for participation.

George Washington University and George Mason University are seeking children with autism, ages 5-17. Register: Contact Chelsea Armour at aarmour@childrensnational.org or andilab@email.gwu.edu

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:

1. 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>

2. 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>

VDOE Learning Acceleration Grants

Grants of \$1500 or \$3000 are available for tutoring of K-12 children in many school subjects and support services.

Apply: <https://www.doe.virginia.gov/parents-students/for-parents/k-12-learning-acceleration-grants>

VDOE Special Education Parent Involvement Survey

Reflect on your experiences during the past school year, and provide feedback to improve the system.

Access survey: <https://www.surveymonkey.com/r/H92X3V3>

Talk. They Hear You. – In Spanish

Hablar. Ellos te escuchan.

Jueves, 1 Junio, 2023, 10:00am – 11:00am

Siéntase cómodo con por qué y cómo hablar con sus hijos temprano y con frecuencia sobre el alcohol y otras drogas. Registrarse: bit.ly/TTHY-ES-6-1-23

Tech Team Thursday

Thursday, June 1, 2023, 12:00pm

Learn about a free service that creates custom apps to help your child with activities of daily living and safety. Register: <https://us06web.zoom.us/meeting/register/tZMtce6qqD8jHNz6UyPkRgItKT7nmk3ecB6h#/registration>

The Impact of Screen Time on Neurodivergent Kids

Thursday, June 1, 2023, 12:00pm

Consider the benefits and risks of video games, how to choose helpful technology, and how to balance activities. Register: https://us06web.zoom.us/webinar/register/WN_ipDePljFR9e46r-0G2CvsA?

Fare Free Fridays This Summer on VRE

June 2 to September 1, 2023

Virginia Railway Express System Mapvre.org

Financial Planning Under Unique Circumstances

Friday, June 2, 2023, 10:00am – 1:30pm

Learn about the process of creating a special needs trust for your child with a disability.

Register for webinar: https://us06web.zoom.us/webinar/register/WN_ne0-JI4vSa6dTVpl_vYtQ#/registration

Register for in

person: <https://arcofnva.app.neoncrm.com/np/clients/arcofnva/eventRegistration.jsp?event=8187>

Latino-Hispanic Summit 2023 – in Spanish

Cumbre Latino – Hispana 2023

Viernes, 2 de Junio, 9:00am – 3:30pm

Los expertos brindarán información sobre los servicios de educación especial y las sesiones de empoderamiento se centrarán en explorar las perspectivas de nuestra comunidad.

Registrarse: <https://www.eventbrite.com/e/registro-cumbre-latino-hispana-2023-617322106037>

Pathways to the Community

Friday, June 2, 2023, 9:00am – 3:00pm, 601 Catocin Circle NE, Leesburg

Four safety presentations in the morning and the afternoon including for the internet, phone, traffic, and home safety. Register: <https://www.thearcofloudoun.org/event/pathways-to-the-community-06-02/>

First Responder & Safety Resource Fair

Saturday, June 3, 2023, 9:00am – 12:00pm, 14601 Lee Rd. Chantilly

Individuals with a disability can practice interacting with first responders, including a traffic stop or self-identifying. Register: <https://thearcofnova.org/events/first-responder-safety-fair>

IEP University (IEPU) – Self-Paced Course

Monday, June 5 – June 25, 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-590159993427>

Read It Again: Using Books to Build Language at Home

Tuesday June 6, 7:00pm – 8:30, with replay link, \$25

Gain more comfort with your child's AAC device, and build language and play skills at home.

Register: https://www.aaclearningjourney.com/learn/public/learning_plan/view/15/aac-for-families-summer-webinar-seriesfsws

Navigating Virginia's Medicaid Waivers

Wednesday, June 7, 2023, 10:00am

Virginia uses Medicaid Waivers to fund services for people with developmental disabilities. Learn how the system works.

Register: https://us06web.zoom.us/webinar/register/WN_aGFaBHWuT8azl7y9TqWSpg#/registration

Dispute Resolution Options in Virginia

Wednesday, June 7, 2023, 6:30pm – 7:45pm

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_1v8GFhcCS8iLJK_CJGEJw#/registration

Talk. They Hear You.

Wed. Jun. 7, 1:00pm – 2:00pm

Gain familiarity with why and how to talk with your children early and often about alcohol and other drugs. Register: bit.ly/TTHY-6-7-23

Autistic Authors Panel: Inspiration for Summer Reading

Thursday, June 8, 2023, 7:00pm – 8:30pm, with Q&A

A panel of five autistic authors will discuss their writing processes, insights and choices of characters. Register: <https://xmind.org/event-5255847?>

Talk Saves Lives

Thursday, June 8, 2023, 7:00pm – 8:00pm

Suicide can be prevented. Learn how by recognizing common risk factors and warning signs and learn how to respond. Register: <https://ncactsl06082023.attendase.com>

Youth Mental Health First Aid – Course for Adults

Saturday, June 10, 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/hocode/ereg/Registration.aspx?groupID=47>

Horse Budz – for children ages 10-13

Sunday, June 11, 2023, 11:00am – 12:30pm, 18915 Lincoln Rd. Purcellville, \$95, needs-based funding may be available. This NON-RIDING therapeutic workshop is not a substitute for counseling. Pre-

Register: <https://www.thearcofloudoun.org/event/horse-budz-paying-attention-to-my-thoughts/>

Building Language & Play Skills: Using What You've Got at Home

Tuesday, June 13, 2023, 7:00pm – 8:30pm, \$25, with replay link.

Gain more comfort with your child's device.

Register: https://www.aaclearningjourney.com/learn/public/learning_plan/view/15/aac-for-families-summer-webinar-seriesfsws

Cultivating a Strong Assistive Technology Program

Tuesday, June 13, 2023, 2:00pm

Learn about the Arc of Ohio's assistive technology program including its history and impact.

Register: <https://thearc.org/about-us/webinars/>

Metro Comes to The Arc of Northern Virginia

Tuesday, June 13, 2023, 12:00pm – 1:30pm, 2755 Hartland Rd. #200 Falls Church

Make an appointment and submit paperwork in advance to meet with Metro for photos and processing applications. Register: <https://thearcofnova.org/metro-comes-to-the-arc-of-northern-virginia-2023/>

More Than Sad – Training for Parents & Caring Adults

Tuesday, June 13, 2023, 7:00pm – 8:30pm

This program teaches caring adults about depression, demystifies treatment, and encourages those in need to seek help. Register: <https://ncacmts06132023.attendase.com>

Nurturing Parenting – for parents of children age 5-11

Wednesdays, June 14 through September 27, 2023, 6:00pm – 8:00pm

Families increase their empathy, build self-esteem, find new ways to foster appropriate behavior, and learn to have fun together. Register: <https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs>

Foster The Family Support Group for Dads

Thursday, June 15, 2023, 8:00pm, Caboose Commons 2918 Eskridge Rd. Fairfax

Hear from other foster, adoptive and kinship Dads, and learn how Foster the Family can be a support.

Register: <https://www.fosterthefamilydc.org/dads>

Advocacy: They Have It. You Want it! Now What?

Tuesday, June 20, 2023, 10:00am

Learn preferred terminology and advocacy strategies to navigate barriers to obtain disability services.

Register: <https://thearcofnova.org/workshops/#readiness-skills>

Your Voice Is Important – In Spanish

Su Voz Vale

Miércoles 21 de Junio 15, 7:00pm – 8:00pm

Aprenda sobre la defensa, incluidos enfoques prácticos y efectivos para interactuar con la escuela de su hijo que beneficiarán a su hijo y su familia.

Registrarse: https://us02web.zoom.us/webinar/register/WN_R9Ym9Uo4QtWT19TmOE4_tg#/registration

Talk Saves Lives

Sunday, June 25, 2023, 4:00pm – 5:00pm

Suicide can be prevented. Learn how by recognizing common risk factors and warning signs and learn how to respond. Register: <https://ncactsl06252023.attendase.com>

Talk. They Hear You.

Wednesday, June 28, 2023, 6:30pm – 7:30 pm

Gain familiarity with why and how to talk with your children early and often about alcohol and other drugs. Register: bit.ly/TTHY-6-28-23

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/?>

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>

Family Coaching – 8-12 week program

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

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

Gun Violence Prevention Resources

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

Learning Your Way – Online Self-Paced Courses, through June 30, 2023, 24/7 access, varying times
Courses for foster, adoptive, and kinship care families on Special Education 101, Constructive Communication, and Trauma 101.

Register: <https://www.eventbrite.com/e/learning-your-way-spring-2022-tickets-233867141917>

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](https://www.facebook.com/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 apoyo para madres: De habla hispana de niños con autismo se reúne mensualmente en línea y está patrocinado por Johns Hopkins Medical Center. Contacto: mariposas.autismo@gmail.com

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.

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@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

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.