

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

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

### **FCPS SPECIAL EDUCATION RESOURCES**

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

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

**Hours: Monday - Friday, 8:00am – 4:00pm**

**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](mailto:prc@fcps.edu). The following is a complete list of September workshops:

**New School Year, New Strategies: How to Plan, Persist, and Achieve Academic Success This Year**

**Friday, September 8, 2023, 10:00am – 11:30am**

Students' grades are typically lowest in the first quarter of the year because many find it hard to start the new year with confidence. It's crucial to help your child start back strong because it could set the tone for their best year yet! Join Author and Educator Ann Dolin, M.Ed., to uncover strategies to instill greater confidence in your child at the start of the school year.

**Webinar Highlights:**

- How to increase your child's likelihood of earning good grades in the first quarter and beyond
- Strategies to establish a motivated, positive outlook towards school (for the whole family!)
- Proven techniques to effectively set up (and keep up with!) your family's weekday routines and busy schedules

**[Share this event with others](#)**

**[Register online for New School Year, New Strategies: How to Plan, Persist, and Achieve Academic Success This Year](#)**

## **Meet the Author Series: The Self-Driven Child by Dr. William Stixrud**

**Friday, September 15, 2023, 10:00am – 11:15am**

Are you working harder than your children to solve their problems? Do you need strategies to help children make their own decisions? Join Dr. William Stixrud while he discusses his book, *The Self-Driven Child*.

Webinar highlights include:

- Learning how to support the development of resilience in your child
- Understanding the elements of a healthy mental life
- Supporting your child's decision-making skills
- Learn how to help your child deal with stressful situations
- Learning how to make your child feel loved, trusted, supported, and capable

[Share this event with others](#)

[Register for Meet the Author Series: The Self-Driven Child by Dr. William Stixrud](#)

## **Characteristics and Needs of Twice-Exceptional (2e) Learners**

**Tuesday, September 19, 2023, 10:00am – 11:30am**

Twice-exceptional (2e) learners are students who have the ability to think, reason, and problem-solve at very high levels, and they also have special education needs. 2e Students' learning and behavior profiles are often complex, with strengths and needs occurring on a continuum.

Join Nonye Oladimeji, FCPS AAP Twice Exceptional Specialist, to learn more about the characteristics of twice exceptional learners.

Webinar Highlights:

- What does it mean to be twice-exceptional (2e)
- What are the characteristics of twice-exceptional learners
- How to identify and support twice-exceptional students

[Register for Characteristics and Needs of Twice-Exceptional \(2e\) Learners](#)

## **Who's the Boss? Five Ways for Families to Help Kids with Big Emotions**

**Friday, September 29, 2023, 10:00am – 11:30am**

- Do you have a child who is bossy, and melts down over changes in plans or transitions?
- Acts like a sore loser when playing games?
- Wears the same clothes and eats the same foods?
- Likes to say, "That's not fair!" and won't stop following you until they prove a point?

Calm Parenting podcast founder Kirk Martin explains why all of these behaviors have the same root...and similar solutions.

[Share this event with others.](#)

[Register for Who's the Boss? 5 Ways for Families to Help Kids with Big Emotions](#)

[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:**

### **Dads Parenting Group**

**Wednesdays, September 6 to December 6, 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. Pre-Register: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement> or call [Bennie Herron, 703.324.7308](tel:703.324.7308)

### **Special Topics in Raising Your Challenging Child (Buffet)**

**Wednesdays, September 6 to November 22, 2023, 9:30am – 10:30am, \$\$ varies**

Video course plus group discussion on neurodiversity, ADHD, autism, anxiety, eating, or sleeping concerns, etc.

September 6: ADHD Part I, Helping Your Child with Medication

September 13: ADHD Part II, Problems with Medication

September 20: Anxiety Part I, Child-Centered Approaches

September 27: Anxiety Part II, Parent-Centered Approaches

Register: <https://www.parentchildjourney.com/excursions/>

### **Dispute Resolution Options in Special Education**

**Wednesday, September 6, 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\\_54RqO9rLRzGcyzqVMmPKAg#/registration](https://us02web.zoom.us/webinar/register/WN_54RqO9rLRzGcyzqVMmPKAg#/registration)

### **Interfaith Survivor Support Forum – For adults**

**Wednesday, September 6, 2023, 7:00pm – 9:00pm**

Learn from survivors and child safety educators to help make our community a safer place for children.

Register: <https://scanva.org/events/2023/09/interfaith-survivor-forum/>

### **Tech Team Thursday**

**Thursday, September 7, 2023, 12:00pm – 1:00pm**

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>

### **Visionary Voices: Introducing “Raising a Kid Who Can”**

**Thursday, September 7, 2023, 9:00am – 10:20am**

The authors will introduce their book including science-backed and experience-based tips for how to build motivation and adaptability.

Register: <https://www.eventbrite.com/e/visionary-voices-introducing-raising-a-kid-who-can-tickets-706039431947?aff=oddtcreator>

### **Secure Act 2.0**

**Friday, September 8, 2023, 10:00am – 11:30am**

Learn about provisions in the Secure Act 2.0 that allow IRAs and other retirement savings to be left to people with disabilities.

Register: [https://us06web.zoom.us/webinar/register/WN\\_AmZxQtF2TmyaMDiPkZUsFg#/registration](https://us06web.zoom.us/webinar/register/WN_AmZxQtF2TmyaMDiPkZUsFg#/registration)

### **Nurturing Parents – In Spanish**

**Planifica con anticipación – Padres cariñosos – con niños de 5 a 11 años**

**Miércoles, del 9 de septiembre al 20 de diciembre, Messiah UMC, Rolling Rd. Springfield, sorteos y premios semanales**

Las familias aumentan su empatía, encuentran nuevas formas de promover un comportamiento apropiado, desarrollar las autoestima, y aprender a divertirse juntos.

Registrarse: [Augustina Bravo, 703.324.7196](tel:703.324.7196)

### **Parents of Autistic Children Back-to-School Meeting**

**Saturday, September 9, 2023, 10:00am – 12:00pm, W. Springfield Gov. Ctr. Springfield**

Meet with FCPS Dept. of Special Services administrators to raise your concerns about educational services. Information: <https://poac-nova.org/events/>

### **Circle of Security – For parents with children 0-5**

**Mondays, September 11 to October 30, 2023, 6:30pm – 8:00pm**

Create stronger and more secure relationships with your children to keep them from harm.

Pre-Register: <https://scanva.socialsolutionsportal.com/apricot-intake/0bd61948-d5e9-4f98-9f4e-c79efa1289d0>

### **No More Nagging: How to Improve Communication with Your ADHD Child**

**Monday, September 11, 2023, 1:00pm – 2:00pm**

Gain the tools you need to build a stronger, more supportive bond with your ADHD child, leading to a happier family dynamic. Register: <https://ectutoring.com/adhd-summit>

### **Navigating State Support and Live-in Caregivers**

**Tuesday, September 12, 2023, 12:00pm**

An experienced parent and industry experts will share practical advice on this way to care for family members to the age of 25.

Register: [https://us06web.zoom.us/webinar/register/WN\\_1zOY25khQqKFOJG93GanAg#/registration](https://us06web.zoom.us/webinar/register/WN_1zOY25khQqKFOJG93GanAg#/registration)

### **Nurturing Motivation and Resilience in Children and Teens with ADHD**

**Tuesday, September 12, 2023, 1:00pm – 2:00pm**

Adopt a strength-based approach that highlights each child and adolescent's interests and "islands of competence." Register: <https://ectutoring.com/adhd-summit>

### **The Baffling IEP Maze**

**Tuesday, September 12, 2023, 7:30pm**

Gain strategies to navigate the IEP process while avoiding a breakdown of trust with your child's school.

Register: <https://www.eventbrite.com/e/the-baffling-iep-maze-and-how-parents-can-navigate-their-way-through-it-tickets-681396123147?aff=ebdssbeac>

### **Common Treatment Barriers for Patients with Depression, Trauma**

**Wednesday, September 13, 2023, 1:00pm**

Aimed at doctors, helpful for parents. Become aware of how to avoid communication barriers for mental health diagnoses and treatment. Register: <https://www.additudemag.com/webinar/depression-treatment-barriers-challenges-for-clinicians/>

### **Fall Registration for Therapeutic Recreation (for ages 6-22)**

**Begins Wednesday, September 13, 2023**

Social clubs, a cooking program, art or music activities, interest groups, and sports teams.

Register: [https://www.fairfaxcounty.gov/ncs\\_tracers/up/ProgramListing.aspx?pDGID=2#43](https://www.fairfaxcounty.gov/ncs_tracers/up/ProgramListing.aspx?pDGID=2#43)

### **Miracle League of Alexandria Baseball**

**Wednesday, September 13, 2023, 4:30pm, season opens**

This program accommodates children with mental or physical disabilities to play baseball. Special field, equipment, and rules. Register: <http://www.miracleleagueofalexandria.com>

### **Screen Time and Social Engagement of Autistic Children**

**Wednesday, September 13, 2023, 1:00pm**

Learn about emerging research on the impact of screen time on social engagement of autistics during early childhood development. Register: <https://autism.org/screens-social-engagement/>

### **Managing Your Child's Excessive Screen Time and Gaming**

**Thursday, September 14, 2023, 1:00pm – 2:00pm**

Make informed decisions to create a balanced approach to screen use for your child and your family.

Register: <https://ectutoring.com/adhd-summit>

### **Medicaid Waivers: Tools for Independent Living and Employment**

**Thursday, September 14, 2023, 11:00am**

Learn what Waivers are, the services they offer, how to apply, and tips for families on waiting lists for services.

Register: [https://us06web.zoom.us/webinar/register/WN\\_ZGAsmFqvRmK2biCwfomvg#/registration](https://us06web.zoom.us/webinar/register/WN_ZGAsmFqvRmK2biCwfomvg#/registration)

### **Talk Saves Lives**

**Thursday, September 14, 2023, 7:00pm – 8:00pm**

Suicide can be prevented. Learn how to recognize common risk factors, warning signs and how to respond.

Register: <https://ncaactsl09142023.attendase.com>

### **A Parent's Guide to Study Skills and Organization for Students with ADHD**

**Friday, September 15, 2023, 1:00pm – 2:00pm**

Learn practical strategies to empower you to support your ADHD student's study skills and organization.

Register: <https://ectutoring.com/adhd-summit>

### **Disability Benefits: VA's Medicaid Waivers**

**Wednesday, September 20, 2023, 5:00pm – 6:00pm**

Virginia provides some disability services via Medicaid Waivers. Learn how the system works, and what to expect.

Register: [https://us02web.zoom.us/webinar/register/WN\\_LFCYm6ECQYq5xGopoqSGtg?](https://us02web.zoom.us/webinar/register/WN_LFCYm6ECQYq5xGopoqSGtg?)

### **Strengthening Families – in Spanish**

**Familias Fuertes – Grupo de padres y jóvenes. (10-13 años)**

**20 de Septiembre al 8 de Noviembre, cada miércoles, 5:30pm – 8:00pm, 20 Annandale HS 4700 Medford**

**Dr., Annandale** Las familias pueden volverse más unidas y felices a través de discusiones, juegos, dramatizaciones y proyectos familiares. Registrarse: <https://scanva.org/events/2023/09/spanish-tween-parent-group-strengthening-families-3/>

### **What Educators Don't Know About ADHD (and Need To)**

**Wednesday, September 20, 2023, 1:00pm, with replay link**

Learn facts and fallacies about ADHD, how to recognize it at school, and accommodations that help students with ADHD.

Register: <https://www.additudemag.com/webinar/what-educators-dont-know-about-adhd/>

### **Youth Mental Health First Aid Course for Adults**

**Wednesday, September 20, 2023, 8:00am – 5:00pm, \$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>

### **Stares, Glares and Harmful Words**

**Thursday, September 21, 2023, 10:00am**

Let's share strategies to educate, sensitize and react to unwanted attention from others toward our children.

Register: [https://us06web.zoom.us/webinar/register/WN\\_a\\_K2KEs\\_ReiwJLZZ4wPAag#/registration](https://us06web.zoom.us/webinar/register/WN_a_K2KEs_ReiwJLZZ4wPAag#/registration)

## **NAMI Northern Virginia Mental Health Festival and Walk**

**Saturday, September 23, 2023, 10:00am – 2:00pm, GMU 4441 George Mason Blvd, Fairfax**

Promote awareness of and celebrate recovery from mental illness; reduce stigma and learn about community mental health resources. Register: <https://www.namiwalks.org/index.cfm?>

## **Talk Saves Lives**

**Sunday, September 24, 2023, 4:00pm – 5:00pm**

Suicide can be prevented. Learn how to recognize common risk factors, warning signs and how to respond. Register: <https://nactsl09242023.attendase.com>

## **From Referral to Eligibility: What It Takes to Get Through the Door**

**Wednesday, September 27, 2023, 7:00pm – 8:00pm**

Learn how to start the process of accessing special education by submitting a referral and with an evaluation to determine eligibility. Register: <https://formedfamiliesforward.org/event/from-referral-to-eligibility-what-it-takes-to-get-through-the-door-webinar/>

## **Epigenetics: Understanding Its Role in ADHD and Future Applications**

**Thursday, September 28, 2023, 12:00pm, with replay link**

Epigenetics controls the development of traits such as ADHD, and in the future may allow for changes in treatment. Register: <https://www.additudemag.com/webinar/genetics-environment-epigenetics-risk-factors-adhd/>

## **Children's Challenging Behaviors**

**Saturday, September 30, 2023, 9:00am – 3:00pm, 13505 Hillendale Dr. Woodbridge**

Learn about the range of behaviors, when and how to seek help, important parenting strategies and community resources. Childcare. Register: <https://nami-pw.org/event/childrens-challenging-behaviors-2/>

## **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](mailto:gary.logue@fairfaxcounty.gov) or call 703.324.8563.

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

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

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

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

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

## **Back-to-School ADHD Master Class – Self-Guided Course**

This 10-part multimedia course has modules on accommodations, executive functions, behavior challenges, homework, etc. Register: <https://www.additudemag.com/download/adhd-school-master-class-ceus-teachers-parents/?>

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

## **Fairfax County 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>

### **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**

Nine 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>

### **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 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>

### **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](mailto:amandam@skillbuildersllc.com) or 703.941.7757, ext. 316

**African American Culturally Focused Virtual Parent Café** – Meets Thursdays, 6:00pm-7:30pm. Register at least 24 hours in advance by email at [BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or 703.324.7720.

**Alpha Moms** – Meets monthly in McLean. Support group for adoptive parents. Contact: [robin4brady@gmail.com](mailto:robin4brady@gmail.com)

**Arlington Epilepsy Support Group** – A list-serve, can be accessed at [arlepilepsy@googlegroups.com](mailto:arlepilepsy@googlegroups.com).

**Autism Dads** – Meets monthly. Contact: George Buzby at 571.419.1257 or [gbuzby@aol.com](mailto: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

**Autism Society of NoVA padres y proveedores de cuidado del grupo de apoyo en español** se reúne el segundo sábado de cada mes de 1:00pm a 2:00pm en ServiceSource, 10467 White Granite Dr. Oakton. Estacione en la parte de atrás. Para obtener más información, envíe un correo electrónico a [director@asnv.org](mailto:director@asnv.org).

**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](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) o 703.324.7720

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

- **Alexandria CHADD Parent Support Group** – Meets fourth Monday, monthly, 6:30pm. Contact Alyssa at [ADHDParentMountVernon@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto:mariposas.autismo@gmail.com)

**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](mailto: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](mailto: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](mailto:mczero@yahoo.com)

**NAMI Parent & Caregiver Support Group** – Meets fourth Thursday, monthly. Email [namicva.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.autism-society.org)

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

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

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

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

### **Best Buddies International**

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

State Headquarters – 6231 Leesburg Pike, Suite 310, Falls Church, VA 22044, 703.533.9420

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

### **The Kennedy Krieger Institute**

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

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

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

<https://peatc.org>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life. Our special focus is children with disabilities. We do this by providing services and support for families and professionals; easy-to-understand, research-based information and training; and opportunities for strategic partnerships and advocacy for systemic improvement. [CLICK HERE](#) to learn more about the Parent Educational Advocacy Training Center.