

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, 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.

Announcements –

The Virginia Family's Guide to Special Education

Available in the following languages: [Amharic](#) ; [Arabic](#) ; [English](#) ; [Spanish](#) ; [Vietnamese](#) ; [Urdu](#)

The Virginia Department of Education (VDOE) has updated The Virginia Family's Guide to Special Education. This publication is a revision of the former A Parent's Guide to Special Education which was initially published in 2010. This new state guide was developed by the Virginia Department of Education (VDOE) to help those involved in special education, whether as families, teachers, school administrators, advocates, or students.

2023 Parent Involvement Survey – Open through December 15, 2023.

[Parent Involvement Survey-English](#) ; [Parent Involvement Survey-Spanish](#)

All parents of school-aged children and youth with disabilities who receive special education services in Virginia are encouraged to complete the Virginia Department of Education's annual Parent Involvement Survey. **If you have questions concerning this survey, please [contact Chiquita Seaborne, Family Engagement Specialist/Special Projects Coordinator, via telephone at \(804\) 225-3898 or via \[email\]\(#\)](#)**

The following is a complete list of our **December** workshops:

Funcionamiento Ejecutivo, Parte 2 - Ayudando a tus hijos con la organización, la regulación emocional , y la flexibilidad (Executive Functioning- Helping your kids with organization, emotional regulation, and flexibility.) ** presentado en español

Diciembre 1, 2023, 10:00am – 11:30am

Función Ejecutiva se refiere a las habilidades que ayudan a los estudiantes a planificar con anticipación y alcanzar metas, mostrar autocontrol, seguir instrucciones de varios pasos incluso cuando son interrumpidos y mantenerse concentrados a pesar de las distracciones para tener éxito en escuela. Únase a nosotros para aprender cómo ayudar a sus estudiantes a fortalecer estas habilidades.

Aspectos destacados del seminario web:

- Como nuestro estilo de crianza puede influir en el desarrollo del funcionamiento ejecutivo de nuestros hijos.
- Estrategias para ayudar a nuestros niños a desarrollar y fortalecer su funcionamiento ejecutivo.

[Share this event with others.](#)

[Register for uncionamiento Ejecutivo - Ayudando a tus hijos con la organización, la regulación emocional , y la flexibilidad \(Executive Functioning- Helping your kids with organization, emotional regulation, and flexibility.\) ** presentado en español](#)

Using the Data Collection Tool to Inform Least Restrictive Environment (LRE) Decision-Making Webinar Highlights

Tuesday, December 5, 2023, 10:00am – 11:00am

- Considering Least Restrictive Environment (LRE) – The Why, What, and How
- Documenting LRE Considerations and Decisions within the IEP Process
- Understanding the family’s role in the determination of LRE

Join staff members from the FCPS Department of Special Services for this important webinar.

[Register for Using the Data Collection Tool to Inform Least Restrictive Environment \(LRE\) Decision-Making](#)

Coping Strategies for Anxiety, Depression, and Stress: Part Two (continued from November)

December 12, 2023, 10:00am – 11:30am

Join Dr. Erin Berman, a Clinical Psychologist at the National Institute of Mental Health in Bethesda, Maryland for these important sessions to help children cope with anxiety, depression, and stress.

Part 2 Highlights:

- Identify stress in children of all ages
- Explain common sources of stress
- Provide strategies for lowering stress levels so that all caregivers can benefit

[Share this event with others.](#)

[Register for Coping Strategies for Anxiety, Depression, and Stress: A Two-Part Series](#)

[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:

Building Strong Parent Advocates – Self-Paced Course

Now through December 12, 2023, 6 hours of content

Build a solid foundation to understand the special education process while being empowered to be your child's best advocate. **Register:** <https://www.tickettailor.com/events/peatc/1038677?>

Social Security Benefits for People With Disabilities: Everything You Wanted To Know

Friday, December 1, 2023, 10:00am – 11:30am

Learn about the various disability benefits provided by Social Security, including who qualifies, and how to apply.

Register: https://us06web.zoom.us/webinar/register/WN_B4LWhbgaRS6TAVGuMbxNyA#/registrationm

ABLE Accounts and the ABLEnow Program

Tuesday, December 5, 2023, 11:00am – 12:00pm

Learn about the advantages of ABLE accounts: who qualifies, how to open one, and how the money can be used for disability expenses.

Register: https://us06web.zoom.us/webinar/register/WN_G75EOnToTQCWlz4IcIc3HQ#/registration

Cognitive Disengagement Syndrome: A Distinct Kind of Inattention

Tuesday, December 5, 2023, 1:00pm, with replay link

Learn about typical behaviors, how this syndrome is similar to and distinct from ADHD, recommended treatment, and home strategies.

Register: [https://www.additudemag.com/webinar/cognitive-disengagement-syndrome-adhd/?](https://www.additudemag.com/webinar/cognitive-disengagement-syndrome-adhd/)

Is This Autism? A Framework for Understanding

Tuesday, December 5, 2023, 7:00pm – 8:30pm

Three authors of a new book will discuss diagnostic criteria for autism that shows a wide variation of characteristics. **Register:** <https://xminds.org/event-5451012>

The Holiday Survival Guide for Parents

Tuesday, December 5, 12:00pm – 1:00pm

Parents of autistic children will gain strategies to increase wellbeing and create/adapt traditions.

Register: <https://xminds.org/event-5492027>

Dispute Resolution Options in Virginia

Wednesday, December 6, 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_CbQs0PhnSiygocQ4lPn4tg?

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, 6 de Diciembre, 2023, 6:30pm – 8:00pm

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_6homjgCPTTr-sCA918T9qnw?

Medicaid Waivers in Virginia

Wednesday, December 6, 2023, 6:00pm – 7:30pm

Learn who is eligible and how to obtain benefits for personal assistance and community support.

Register: <https://www.tickettailor.com/events/peatc/1065659>

Social Security Benefits for People with Disabilities – In Spanish

Beneficios del Seguro Social para personas con discapacidades

Miércoles, 6 de Diciembre, 11:00am – 12:30pm

En línea y en persona, 3060 Williams Dr. #300, Fairfax

Aprender los conceptos básicos de qué es el Seguro Social, cómo solicitarlo, y cómo utilizar los beneficios.

Registrarse: <https://arcofnva.app.neoncrm.com/np/clients/arcofnva/eventRegistration.jsp?event=8299>

The Truth About Learning Styles and Why It Matters for Your Child's Success in School

Wednesday, December 6, 2023, 1:00pm

Learn how to turn passive studying sessions into active and engaging learning sessions.

Register: <https://ectutoring.com/webinar-series>

Advanced Training in Collaborative & Proactive Solutions

Thursday and Friday, December 7 and 8, 2023, 9:00am – 4:30pm, \$435

Learn how to move from power and control to collaboration and problem solving.

Register: <https://aepconnections.com/webinar-registrations/advanced-training-in-collaborative-proactive-solutions-moving-from-power-and-control-to-collaboration-and-problem-solving-3/>

Building Independence with the TFIL Team

Thursday, December 7, 2023, 12:00pm – 1:00pm

Learn about the Arc2Independence app that can be customized to help your child navigate daily routines and challenges.

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

Talk Saves Lives

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

Suicide can be prevented. Learn how to recognize common risk factors and warning signs and learn how to respond to them. Register: <https://ncactsl12072023.attendase.com>

Executive Functioning: Helping Your Kids with Organization, Emotional Regulation, and Flexibility – In Spanish/Funcionamiento ejecutivo - ayudando a tus hijos con la organización, la regulación emocional, y la flexibilidad

Lunes, 8 de Diciembre, 2023, 10:00am – 11:30am

Aprenda sobre las funciones ejecutivas y cómo ayudar a nuestros niños a desarrollar y fortalecer su funcionamiento ejecutivo. Registrarse: <https://www.fcps.edu/event/parte-2-funcionamiento-ejecutivo-ayudando-tus-hijos-con-la-organizacion-la-regulaci>

Social Media and Cyberbullying: What Parents Need to Know

Monday, December 11, 2023, 6:30pm – 8:00pm, 21000 Education Ct. Ashburn

Learn how to keep your students safe, how to have conversations about this with your child, and rules to set. Register: <https://www.lcps.org/Page/180231>

Youth Mental Health First Aid – Course for Adults

Monday and Tuesday, December 11 and 12, 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/hrcode/ereg/Registration.aspx?groupID=47>

The Holiday Blues: Put Your Mental Health First This Holiday Season

Tuesday, December 12, 2023, 1:00pm, with replay link

Learn about the “holiday blues,” including symptoms, triggers, risk factors, treatment, tips for coping, and prevention. Register: <https://www.webmd.com/webinar/webinar-holiday-blues-mental-health?ecd=par>

The Holiday Survival Guide for Parents

Tuesday, December 12, 2023, 12:00pm – 1:00pm

Parents of autistic children will gain strategies to reduce stress, prioritize the important, and commit to self-care. Register: <https://xminds.org/event-5492027>

From “I am Special” to “H.A.P.P.Y.”

Saturday, December 13, 2023, 1:00pm

Learn about a new program that focuses on the happiness and well-being of children with autism.

Register: <https://autism.org/from-special-to-happy/>

Dip N Paint: Winter Wonderland Edition

Friday, December 15, 2023, 6:00pm – 8:00pm

Adopted children and their parents are invited to a virtual, artist led, painting party. All materials provided. **Register:** <https://www.eventbrite.com/e/dip-n-paint-winter-wonderland-edition-tickets-732959620957?>

Family Village Forum

Saturday, December 16, 2023, 11:00am

Families new to the intellectual or developmental disability worlds are invited to become part of an ongoing sharing community. **Register:** <https://thearcofnova.org/family-village-forum-december-meeting/>

Morning at the Museum – U.S. Botanic Garden

Sunday, December 17, 2023, 8:30am – 10:00am, 100 Maryland Ave. SW, Washington, DC

Families with students with cognitive or sensory disabilities may come to enjoy the model trains and pollinator displays. **Register:** [RSVP to Maura.Nelson@aoc.gov](mailto:Maura.Nelson@aoc.gov) or by calling 202.226.1047 with your family name; date of visit; telephone number; and the number of persons attending.

Talk Saves Lives: An introduction to Suicide Prevention

Sunday, December 17, 2023, 4:00pm – 5:00pm

Suicide can be prevented. Learn how to recognize common risk factors and warning signs and learn how to respond to them. **Register:** <https://ncactsl12172023.attendase.com>

SEPTA - Recommended Ongoing and On Demand Resources

Accommodations for Recreational Classes and Camps with Fairfax County Parks – Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training. To request accommodations, email gary.logue@fairfaxcounty.gov or call 703.324.8563.

Adapted Recreation for Kids – Fairfax County Parks

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

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

Access to Success – Online Self-Paced 8-class Course for Students with Disabilities

High school and college students can learn about their disability rights and how to obtain accommodations in college. Use the mp3 files for audio. Access: <https://rtcil.ku.edu/ats-home>

ADHD @ School – Top 10 Hurdles to Learning with ADHD

This 10-part self-guided course equips caregivers and students with effective solutions to the specific academic and behavioral challenges associated with ADHD.

Register: <https://www.additudemag.com/download/adhd-new-school-year-for-parents/>

Advanced Training in Collaborative and 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, homework, etc. Register: <https://www.additudemag.com/download/adhd-school-master-class-ceus-teachers-parents/>

Broad Futures Paid Internship Programs: Winter 13 weeks, Summer 9 weeks, \$\$ varies; scholarships available – Program designed for neurodivergent high school graduates or rising seniors who are planning on college. Information: <https://broadfutures.org/programs/>

Children’s Challenging Behaviors

This six – hour workshop focuses on challenging behaviors, mental health conditions, special education, and advocacy skills. Register: <https://nami-northernvirginia.org/support-and-education/mental-health-education/childrens-challenging-behaviors/>

College Partnership Program – For HS Students

This program prepares students with disabilities and other underrepresented groups to enroll and succeed in college. Contact the student’s high school counselor or Lakeyta Smith at 571.423.4413

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>

Gun Violence Prevention Resources

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

Get Ready for College – For students in grades 8-12

This 8-lesson course uses videos and practical activities to help students get ready for college. Register: <https://centerontransition.org/courses/getreadycollege/>

Get Ready for Independent Living –For students in grades 8-12

This 4-part course uses videos and practical activities to develop knowledge and skills for independent living. Register: <https://centerontransition.org/courses/getreadyindependentliving/>

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

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 or 703.941.7757, ext. 316

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 F.I.R.S.T. Family Support Group – Meets on the first Wednesday, monthly, in Chantilly or Herndon. Register: <https://autismfirstus.com/events/>

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@asnva.org.

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/a0179kbgrhj1/questions>

El 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

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

El Grupo de Apoyo y Educación Para 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

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>

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>

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@asnva.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 Coffee Chat and Self-Care – meets monthly, third Thursday, 9:00am – 10:30am to connect and to discuss self-care journeys. 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.