

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.

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

Meet the Author Series: Raising a Kid Who Can

January 5, 2024, 10:00am – 11:30am

Why are kids today struggling? And based on all that modern science has to offer, what are the most important things I can do in raising my kid? Learn from a child psychiatrist, a parent psychologist, and a child therapist, who have reinvented the parenting book. Organized in a novel “guidebook” style that’s illustrated, “skimmable” and fun to read, it’s easy to find immediately useful strategies that you can apply to your specific kid. Usable at any stage in your child’s life, this book helps parents get right to the information they need, when they need it. It’s time to parent smarter, not harder!

The authors know what matters; they know what works; and they know how to explain it to parents. Their presentation will give you the confidence to tackle modern kid struggles, such as how to help a kid be independent and motivated, what helps (and what doesn't!) when they are upset, how to approach technology, and how to prepare them to be flexible and roll with the punches in an uncertain future. Join authors Catherine McCarthy, M.D.; Heather Tedesco, PhD.; & Jennifer Weaver, LCSW as they discuss their book and take your questions.

[Add to Calendar.](#)

[Register for Meet the Author Series: Raising a Kid Who Can](#)

The Transition from Elementary to Middle School and from Middle School to High School for Twice Exceptional (2e) students

January 12, 2024, 10:00am – 11:30am

Transitioning into middle and high school can be challenging for many children and their families, especially for twice-exceptional students.

Join Dr. Nonye Oladimeji, FCPS Educational Specialist for AAP twice exceptional (2e) children, as she shares ideas for families and schools on how to ease the transition for students.

Webinar Highlights:

- Learn about the tools and strategies to help your child navigate this period of change successfully.
- Learn about how to help your child establish and maintain a strong support system.
- Learn how to help your student balance the increased academic responsibility while trying to expand their horizons into clubs and extracurricular activities.
- Learn how parents and families can stay involved and keep the lines of communication open.

[Add to Calendar.](#)

[Register for The Transition from Elementary to Middle School and from Middle School to High School for Twice Exceptional \(2e\) students](#)

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

January 20, 2024, 9:00am – 12:00pm, Providence Community Center

The Sibshop workshops are for children in grades 2-6 enrolled in Fairfax County Public Schools who have siblings with special needs to:

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

Presented by FCPS School Social Work Services

[Add to Calendar.](#)

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

[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 Independence with the TFIL Team

Thursday Jan. 4, 2024, 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>

FCPS Math Week

Jan. 8 through 12, 2024

This is a time to do math at home and make it fun with games and stories for all!

Directions: <https://www.mindresearch.org/2022-fcps-math-week?>

IEP University (IEPU) – Self-Paced Course

Sunday, Jan. 8 through Monday, Jan. 29, 2024, with access 24/7

Get accurate and useful information about IEP development and meetings including many practical strategies. **Register:** <https://www.tickettailor.com/events/peatc/1082554>

The Science and Power of Hope

Wednesday, Jan. 10, 2024, 1:00pm, with replay link

Hope promotes wellbeing. Gain strategies to nurture your and your children's hope and skills for their future. **Register:** <https://www.additudemag.com/webinar/hopeful-science-of-hope-goals-self-regulation/?>

Talk Saves Lives

Thursday, Jan. 11, 2024, 7:00pm – 8:00pm

Suicide can be prevented. Learn how to recognize common risk factors and warning signs and learn how to respond. **Register:** <https://ncactsl01112024.attendease.com>

Youth Mental Health First Aid – Course for Adults

Thursday & Friday, Jan. 11 & 12, 9:00am – 12:30pm, \$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>

Dopamine Teens

Friday, Jan. 12, 2024, 11:00am – 12:00pm

Consider how to help tweens and teens navigate technology that draws them from the rest of life. Q&A included. **Register:** <https://thesycamoreschoolva.org/event/tss-speaker-series-dopamine-teens/>

How Seasonal Affective Disorder Uniquely Affects People with ADHD

Tuesday, Jan. 16, 2024, 1:00pm, with replay link

Learn about the symptoms, causes, and treatment for seasonal affective disorder (SAD).

Register: <https://www.additudemag.com/webinar/seasonal-affective-disorder-depression-adhd/>

What is FASD?

Tuesday, Jan. 16, 2024, 7:00pm – 8:00pm

Gain an introduction to fetal alcohol spectrum disorders (FASD): definitions, symptoms, and ideas for support. **Register:** <https://www.zeffy.com/en-US/ticketing/d02a0432-ae70-4cab-9a5e-8a14b2d376d4>

Your Voice Matters: It's Key to the Process of Empowering Families to Engage

Tuesday, Jan. 16, 2024, 6:00pm – 7:00pm

Gain effective approaches to advocating for your children and developing a collaborative relationship with their school. **Register:** https://us02web.zoom.us/webinar/register/WN_QSYcdmcXSPqIDV88-t4Dig?

Communication: A Foundation for Independence

Wednesday, Jan. 17, 2024, 10:00am – 11:20am or 7:00pm – 8:30pm

This training is for families of children with a developmental or intellectual disability.

Register: <https://www.fcps.edu/academics/academic-overview/special-education-instruction/applied-behavior-analysis-aba-program>

Eight Setbacks That Can Make a Child a Success

Wednesday, Jan. 17, 2024, 6:30pm, 4759 Reservoir Rd. NW, Washington

Gain unexpected advice about what to say, what not to say, and what to do to help kids in eight kinds of tense situations. **Register:** <https://www.labschool.org/special-lecture-series-even>

Helping Your Anxious Child

Two Wednesdays, Jan. 17 & 24, 2024 10:00am – 11:00am, \$0-\$200

January 17: Child-Centered Approaches

January 24: Parent-Centered Approaches

Includes video course to be previewed and a zoom discussion on diagnosis and treatment choices.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ek4zn15a1945dacc&oseq=&c=&ch=>

Sensory Considerations for Social Communication

Wednesday, Jan. 17, 2024, 1:00pm

From sensory and pain behavior to neurophysiology: learn about quantitative and qualitative studies in autism research. **Register:** <https://autism.org/sensory-considerations-for-social-communication/>

Strengthening Families – eight week course

Thursdays, Jan. 18 through Feb. 29, 2024, 5:30pm – 8:00pm, Falls Church HS

Parents and youth (ages 10-14) can strengthen family bonds through discussion, games, roleplaying, and family projects. Raffles included. **Register:** <https://scanva.org/events/2024/01/english-tween-parent-group-strengthening-families/>

Early Childhood Academy – For Families of Young Children with Disabilities – Self-Paced Course

Jan. 19 through Feb. 23, 2024

Learn practical information to help you guide your child in developing skills to be successful in life.

Register: <https://www.tickettailor.com/events/peatc/1079008>

Active Parenting – For Parents of Children ages 0 – 4

Mondays, Jan. 22 through May 13, 2024, 6:00pm – 8:00pm

Learn about child development, nurturing routines, infant massage, and ways to foster positive self-esteem. **Register:** [email ParentingEducation@fairfaxcounty.gov](mailto:ParentingEducation@fairfaxcounty.gov)

Understanding and Managing ADHD Medication – Part 1

Monday, Jan. 22 & Tuesday Jan. 30, 2024, 7:00am – 8:00am, Eastern Time

Consider why and how to treat ADHD with medication and how to run controlled trials. Bring your questions. **Register:** <https://www.eventbrite.sg/e/understanding-and-managing-adhd-medication-tickets-776380363567>

Active Parenting – In Spanish

Planifique con anticipación - Crianza active – Para padres de niños de 0 a 4 años

Martes, 23 de Enero al 14 de Mayo, 2024, 6:00pm – 8:00pm

Aprenda sobre el desarrollo infantil, rutinas de crianza, masajes infantiles, y formas de fomentar la autoestima positiva. **Regístrate:** [email ParentingEducation@fairfaxcounty.gov](mailto:ParentingEducation@fairfaxcounty.gov)

Habit Formation 101: Proven Strategies to Help Your Child Create Lasting Habits

Tuesday, Jan. 23, 2024, 1:00pm – 2:00pm, with replay link

Gain strategies to build habits that can ease the challenges of time management, initiating tasks and meeting academic deadlines. **Register:** <https://ectutoring.com/webinar-series>

The Emotional Lives of Girls with ADHD

Tuesday, Jan. 23, 2024, 1:00pm, with replay link

Gain tools and strategies to enhance understanding and to help navigate the roller coaster ride of female ADHD. **Register:** https://goto.webcasts.com/starthere.jsp?ei=1649986&tp_key=1241ec4fc9

Understanding Special Education – In Spanish

Comprensión de la Educación Especial

Martes, 23 de Enero, 2024, 6:30pm

Puede aprender los pasos del proceso de educación especial y descubrir su papel importante en la educación de su hijo.

Registrarse: https://us02web.zoom.us/webinar/register/WN_kNBVi1itSuCTt1kjFq9E8w#/registration

Chat with an Attorney about Special Education

Wednesday, Jan. 24, 2024, 9:00am – 3:30pm, 3060 Williams Dr. #300 Fairfax

Free 45-minute appointments are available for parents to receive guidance from an attorney on special education topics.

Register: <https://arcofnva.app.neoncrm.com/np/clients/arcofnva/eventRegistration.jsp?event=8318>

From Referral to Eligibility

Wednesday, Jan. 24, 2024, 6:30pm – 7:30pm

Learn about the initial stages of the special education process and how to initiate a referral in Virginia.

Register: https://us02web.zoom.us/webinar/register/WN_VdwCCnd9QNWtq3_nGEQx2g?

How to Advocate for FASD Accommodations in Schools

Wednesday, Jan. 24, 2024, 7:00pm – 8:00pm

An experienced mom / educator & trainer will share tips on how to advocate for a child with FASD.

Register: <https://www.zeffy.com/en-US/ticketing/d02a0432-ae70-4cab-9a5e-8a14b2d376d4>

Special Education Workshop Series

Wednesdays: 1/24, 2/7, 2/21, 3/6, 3/20, 2024, 6:30pm – 7:45pm

Learn about all the major features of the special education process in Virginia. Register for one or more presentations.

Register: https://us02web.zoom.us/webinar/register/WN_VdwCCnd9QNWtq3_nGEQx2g?

Strategies to Stop Bullying: What Parents Need to Do

Wednesday, Jan. 24, 2024, 7:00pm – 8:00pm

Learn about your school's responsibility and your ability to address and prevent bullying at your child's school. **Register:** https://us02web.zoom.us/webinar/register/WN_RN_P4aTnQGwKQ7VE3p3ZMw?

Youth Mental Health First Aid – Course for Adults

Friday, Jan. 26, 2024, 9:00am – 3:30pm, \$25

Learn the risk factors and warning signs of mental health challenges in youth, their potential impact, and how to respond. **Register:** <https://www.fairfaxcounty.gov/hrcode/ereg/Registration.aspx?groupID=47>

Talk Saves Lives

Sunday, Jan. 28, 2024, 4:00pm – 5:00pm

Suicide can be prevented. Learn how to recognize common risk factors and warning signs and learn how to respond. **Register:** <https://nacts101282024.attendase.com>

Parents of Challenging Children: Preschool through Early Adolescence

Tuesdays, Jan. 30 through Apr. 2, 2024, 9:30am –10:30am, \$25-\$350

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

Information: <http://www.parentchildjourney.com/journey/>

Understanding and Managing ADHD Medication – Part 2

Tuesday, Jan. 30, 2024, 7:00am – 8:00am, Eastern Time

Delve into side effects, un-even coverage and discontinuation trials for ADHD medication. Q&A included. **Register:** <https://www.eventbrite.sg/e/understanding-and-managing-adhd-medication-tickets-776380363567>

Interventions for School-Aged Children with FASD

Wednesday, Jan. 31, 2024, 7:00pm – 8:00pm

Learn about evidence-based school interventions and mental health supports for prenatally exposed youth. **Register:** <https://www.zeffy.com/en-US/ticketing/d02a0432-ae70-4cab-9a5e-8a14b2d376d4>

Effective Coping Strategies for Sensory Differences and Executive Function

Wednesday, Jan. 31, 2024, 1:00pm – 2:00pm

Consider strategies autistic adults develop to compensate for sensory sensitivities and executive function differences. **Register:** <https://autism.org/compensation-skills/>

Plan Ahead:

Parents of Challenging Children: Preschool through Early Adolescence

Thursdays, Feb. 1 through Apr. 4, 2024, 7:30pm – 8:30pm, \$200, 4201 Albemarle St, NW, Washington DC

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

Information: <http://www.parentchildjourney.com/journey/>

Dads Parenting Group

Tuesdays, Feb. 6 through Apr. 24, 2024, 6:00pm – 8:30pm

Hone your Dad Skills by meeting with other Dads to focus on self-awareness, self-care, parenting skills, and relationships. **Register:** <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement> or **Bennie Herron 703-324-7308**

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/>

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/>

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>

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@asnv.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@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 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.