

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 **February** workshops:

Meet the Author Series: Mind in The Making with Ellen Galinsky

Feb. 2, 2024, 10:00am – 11:00am

Looking for research-based advice for families on how to raise their children to be well-rounded and achieve their full potential, helping them learn to take on life's challenges, communicate well with others, and remain committed to learning? These are the "essential life skills" that Ellen Galinsky has spent her career pursuing. The good news is that there are simple everyday things that all families can do to build these skills in their children for today and for the future. They don't cost money, and it's never too late to begin.

[Add to Your Calendar.](#)

[Register for Meet the Author Series: Mind in The Making with Ellen Galinsky](#)

Youth Mental Health First Aid (*in-person course, 30 spaces available*)

Feb. 9, 2024, 8:30am – 3:30pm

Family Resource Center

2334 Gallows Road

Dunn Loring, VA 22027

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

[Add to Your Calendar](#)

[Register for Youth Mental Health First Aid \(*in-person course*\)](#)

Behavior Solution Series for Elementary and Secondary Families

Join FCPS Behavior Intervention Services Department staff to help families encourage positive communication and behavior at home.

Elementary Webinars

2/16 *Proactive Strategies for Effective Communication* [Add to Your Calendar](#)

- Embark on a collaborative parenting journey while we guide you through practical tips that can be used in your home.

3/15 *Taming Tantrums and More* [Add to Your Calendar](#)

- Parents, ever had a moment when things feel like a big puzzle and you just need the right pieces? We will share strategies to help when your child's behavior feels like a rollercoaster. Learn how to turn meltdowns into moments that make you go 'ta-da!'

Secondary Webinars

4/19 *Proactive Strategies for Effective Communication* [Add to Your Calendar](#)

- We will equip you with strategies for navigating the teen years. Uncover the secrets to fostering open communication, building trust, and transforming challenges into opportunities for growth.

5/31 *Taming the Teenaged Brain* [Add to Your Calendar](#)

- Navigate the rollercoaster of teenage emotions with our training on behavior strategies, tailored to support you at home during those challenging adolescent years. We will provide practical insights and proven techniques to foster understanding and communication with your teenager.

[Register for all or part of the Behavior Solution Series for Families](#)

Transition Planning, The Younger Years: Future Planning for Elementary and Middle School Students in Special Education

Feb. 21, 2024, 6:30pm – 8:30pm, Luther Jackson Middle School, 3020 Gallows Road, Falls Church, Virginia 22042

Join Career and Transition Services (CTS) to learn about planning for life in and after high school! It's never too early or too late to start preparing for your future. We want to help you start planning for a successful transition from school to life as a young adult.

Ensuring the postsecondary success of our students with disabilities is dependent on what is known as transition planning. Please join CTS and other support service personnel for an evening focused on planning for the future. You will have the opportunity to meet and ask questions of representatives from CTS programs and services for students with disabilities, as well as learn about short and long-term postsecondary supports, employment and postsecondary education considerations, Supported Decision Making, and student self-determination as an evidence-based predictor of post-school success. This event also includes a student/parent panel where members describe their firsthand experiences as they navigated Fairfax County Public Schools and planned for their child's future. A question/answer session will follow.

[Add to Your Calendar](#)

[Register for Transition Planning, The Younger Years: Future Planning for Elementary and Middle School Students in Special Education](#)

How to Handle Disappointing Grades: Ways to Uncover the Reasons Behind Your Child's School Performance and How to Help with Ann Dolin

February 23, 2024, 10:00am – 11:30am

Disappointing grades are not always a fair indication of how hard your child is trying, how much they're learning, or what their potential for success is later on in life (especially for those with ADHD and other learning differences).

On the surface, disappointing grades represent a failure at school. But there's usually a lot more to it and many emotions for parents and students at stake!

Webinar Highlights:

- What to do if your child comes home with bad grades (and how to prevent over-reacting)
- How to talk to your child about their school performance, including some easy conversation starters
- Ways to investigate why it's happening and the two most common reasons for poor grades
- What to do about it moving forward, including strategies to help your child study more effectively and stay organized
- Whether you should set consequences for your child's bad grades (or reward them for good grades)

Join Ann Dolin, educator, author, and Educational Connections Founder for new strategies to tackle these sticky situations while preserving your relationship with your child.

[Add to Your Calendar.](#)

[Register for How to Handle Disappointing Grades: Ways to Uncover the Reasons Behind Your Child's School Performance and How to Help](#)

FBA/BIP Essentials for Families

Feb. 29, 2024 – 6:30pm – 7:30pm [Add to Your Calendar](#) OR

Mar. 1, 2024 – 10:00am – 11:00am [Add to Your Calendar](#)

Does your child have concerning behaviors at school? Did you know that there is a process to identify and support your child at school?

Join us to learn about the FBA and BIP process and how it is used in FCPS to support any student who experiences behavioral challenges.

- Functional Behavioral Assessment (FBA) is a process to determine the underlying cause or functions of a student's behavior that impedes social, emotional, and academic learning.
- Behavior Intervention Plan (BIP) is a plan that utilizes positive behavioral interventions and supports to address behaviors that interfere with learning.

Staff from the Office of Special Education Instruction, Office of Intervention and Prevention Services, and Office of Special Education Procedural Support will be presenting and sharing information.

[Register for FBA/BIP Essentials for Families](#)

[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:

Early Childhood Academy – For Families of Young Children with Disabilities

Jan. 19 through Feb. 23, 2024, a self-paced course

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>

Building Independence with the TFIL Team

Thurs., Feb. 1, 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>

ReelAbilities: The Creative – Short Films & Art

Thurs., Feb. 1, 2024, 7:00pm, 8900 Little River Tnpk. Fairfax, \$ varies

These films focus on individuals with disabilities in art, comedy, entrepreneurship, filmmaking, and theater. **Tickets:** <https://reelopening2024.brownpapertickets.com>

Arlington SEPTA Summer Camp & Activities Fair

Sat., Feb. 3, 2024, 1:00pm – 4:00pm, W. Reed CC, 2909 16th St., S. Arlington

VA/MD/DC area providers of summer camps, inclusion & adapted activities, therapies, groups, and special events. Snacks and activities will be available for kids.

Register: <https://forms.gle/5KcQkZbxjzD2TrRv8>

Morning at the Museum – National Museum of African American History and Culture

Sat., Feb. 3, 2024, 8:00am – 10:00am, 1400 Constitution Ave. Washington, DC

Families with students with cognitive or sensory processing disabilities may explore the exhibits and sensory-friendly activities. **Register:** <https://www.etix.com/ticket/p/35310394>

ReelAbilities Film & Discussion: “Okay!”

Sun., Feb. 4, 2024, 10:00am – 12:00pm OR 4:00pm – 6:00pm, 3800 Glenbrook Rd, Fairfax, \$ varies

Four talented autistic musicians come together as the ASD Band and break stereotypes as they write, record, and perform their first album.

Tickets: <https://www.olamtikvah.org/event/reelabilities-film-festival2.html>

Building Strong Parent Advocates – Self-Paced Course

Mon., Feb. 5 through Mon. Feb. 26, 2024, 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/1109372>

IEP University (IEPU) – Self-Paced Course

Mon., Feb. 5 through Mon. Feb. 26, with access 24/7

Get accurate and useful information about IEP development and meetings including many practical strategies. **Register:** <https://peatc.org/event/iep-university-iepu-77>

Dads Parenting Group

Tuesdays, Feb. 6 through ApRegister:4, 6:00pm – 8:30pm

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

From Referral to Eligibility – in Spanish

De la referencia a la elegibilidad

Martes, 6 de Febrero, 2024, 6:30pm – 8:00pm

Conozca las etapas iniciales de la educación especial en Virginia.

Registrarse: https://us02web.zoom.us/webinar/register/WN_KdiKGWcrRdSRwOECufsj6w?

Anatomy of an IEP

Wed., Feb. 7, 2024, 6:30-7:30 pm

Learn about the sequence and contents of the separate sections of an Individualized Educational Plan.

Register: https://us02web.zoom.us/webinar/register/WN_VdwCCnd9QNWTq3_nGEQx2g?

FASD and Law Enforcement: Moving from a Reactive to a Proactive Focus

Wed., Feb. 7, 2024, 7:00pm – 8:00pm

Consider how to decrease the chance of an arrest and how to ensure the disability is known.

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

FCCPTA Meeting with School Board Meet and Greet

Wed., Feb. 7, 2024, 7:00pm – 9:00pm, 8115 Gatehouse Rd., Falls Church

The FCCPTA business meeting will be followed by an opportunity to meet with 6 new and 6 returning school board members. **Register by Mon. Feb. 5:** <https://www.fccpta.org/events/fccpta-quarterly-general-membership-meeting-8>

Gender and Autism

Wed., Feb. 7, 2024, 1:00pm

Learn about emerging research on the factors hindering the identification of autistic females.

Register: <https://autism.org/gender-and-autism/>

Nurturing Parenting Class – Families with children ages 5-11

Wednesdays, Feb. 7 through May 22, 2024, 6:00pm – 8:00pm

Families increase their empathy, find new ways to foster appropriate behavior, build self-esteem, and learn to have fun together. **Register:** email ParentingEducation@fairfaxcounty.gov or phone **Erika Recon Diaz 703-324-5004**

Lunch. Learn. Inspire.

Thurs., Feb. 8, 2024, 11:00am – 1:00pm

Share challenges you've noticed for someone with a developmental disability and benefit from the ensuing discussion. **Register:** <https://us06web.zoom.us/meeting/register/tZMpf-uurjgvEt1sQTq6xQ7wX6OxF04eBvAg#/registration>

Squeezed in the Sandwich Generation: How to Manage ADHD in Yourself, Your Children, and Your Elderly Parents

Thurs., Feb. 8, 2024, 1:00pm, with replay access

Consider strategies and tools to mitigate the challenges and how self-compassion can lead to more effective coping. **Register:** <https://www.additudemag.com/webinar/sandwich-generation-stress-how-to-manage-adhd/?>

Talk Saves Lives: An introduction to Suicide Prevention

Thurs., Feb. 8, 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://ncaactsl02082024.attendase.com>

Individual Education Programs (IEP) 101: Empowering You to Get the Educational Programming, Accommodations, and Supports Your Child Needs

Sat., Feb. 10, 2024, 10:00am – 1:00pm, 6140 Rolling Rd., West Springfield

Parents of Autistic Children will host a panel of parents and experts on parental rights, behaviors, goals, and other IEP issues. **Questions? Email:** president@poac-nova.org

VA Hands & Voices Valentine's Day with Your Children

Sat, Feb. 10, 2024, 10:15am – 11:45am, Tysons-Pimmet Library

Come meet parents with deaf children; enjoy snacks and activities.

Register: https://vahv_library_meet_up.eventbrite.com/

ReelAbilities Film & Discussion: “Being Michelle”

Sat., Feb. 10, 2024, 1:00pm – 4:00pm, 10467 White Granite Dr., Oakton, \$ varies

A deaf autistic woman survives incarceration with the help of a blind life coach who teaches at the prison. (ASL & English) **Tickets:** <https://nvrc.org/nvrc-film-fest-2024-with-reelabilities/>

Sensory Friendly Hours at the National Children’s Museum

Feb. 11, 2024, 9:30am – 11:30am, 1300 Pennsylvania Ave., Washington, DC, \$19

The museum will provide expanded accessibility, lower guest numbers, and pre-visit guides.

Tickets: <https://nationalchildrensmuseum.org/tickets/>

Is Your Child a Victim of Bullying? In Spanish

¿Es su hijo víctima de acoso escolar?

Viernes, 12 de Febrero, 2024, 6:30pm – 7:30pm

Aprender cómo identificar y prevenir el acoso, hablar con sus hijos sobre el acoso y cómo obtener ayuda cuando sea necesario. **Registrarse:** https://us02web.zoom.us/webinar/register/WN_4tytXhE1S3qA6M-ELIJ-Yg?

How to ADHD: An Insider’s Guide to Working with Your ADHD Brain (Not Against It!)

Tue., Feb. 13, 2024, 1:00pm, with replay link

The author will discuss topics from her book, such as attending to time, improving sleep, and the cost of not treating ADHD. **Register:** <https://www.additudemag.com/webinar/how-to-adhd-jessica-mccabes>

Loving Formed Families Forward – Virtual Open House

Tue., Feb. 13, 2024, 1:00pm – 1:45pm

Join the staff and special guests for an overview of services and supports for foster, adoptive, and kinship families. **Register:** <https://formedfamiliesforward.org/event/fff-virtual-open-house/>

Onward to Preschool: Taking the Big Step from Early Intervention!

Tue., Feb 13, 2024, 6:30pm

Learn what to expect from educators and coordinators as your child moves from early intervention, ITC, to preschool.

Register: https://us02web.zoom.us/webinar/register/WN_J6vfA13KT7ykoT41J9dOTQ#/registration

SSI and VA's Medicaid Waivers

Tue., Feb. 13, 2024, 5:00pm – 7:00pm

Learn how to use these important benefits which can be tricky to navigate.

Register: https://us02web.zoom.us/webinar/register/WN_3sZxucgmRueF7kHp8YEp6g?

Teaching Self-Help and Independent Skills

Wed. Feb. 14, 2024, 10:00am – 11:20am OR 7:00pm – 8:30pm

This training is for FCPS 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>

AAC Early Starts Conference

Thu. & Fri., Feb. 15 & 16, 2024, 11am – 9:00pm ET

Online conference with over 20 experts, AAC users, and caregivers sharing their knowledge and experiences. **Register:** <https://www.aaccessible.org/so/c0OqyPYCz?languageTag=en&cid=663d22c7-3c60-4186-8086-d49d122092e8>

Proactive Strategies for Effective Communication – Elementary School Parents

Fri., Feb. 16, 2024, 10:00am – 11:30am

FCPS Behavior Intervention Services staff will share practical tips on easing communication and behavior at home.

Register: https://docs.google.com/forms/d/e/1FAIpQLSdMamIXggcMNUbRrPsNJ__qmtDOMC9UTqIB3xGzPS0HURervQ/viewform?utm_campaign+=

From Inclusion to Belonging Conference

Sat., Feb. 17, 2024, 8:30am – 3:00pm, Potomac Shores, VA, \$ varies

Keynote and breakout sessions focused on supporting mental health for those with DD/IDD.

Register: <https://www.portocharities.org/conference>

Nurturing Parenting Class – In Spanish

Planifica con anticipación — Clase de crianza cariñosa — familias con niños 5 -11 años

Lunes, 19 de Febrero al 20 de Mayo, 5:30pm – 8:00pm, 2855 Annandale Rd., Falls Church

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

Registrarse: ParentingEducation@fairfaxcounty.gov o teléfono Alba Quinones 703.324.7310

Summer Camp Presentation by Fairfax County Park Authority

Tue., Feb. 20, 2024, 7:00pm – 9:00pm

After a short business meeting, the Special Education PTA (SEPTA) will host a presentation on summer camps. **Register:** <https://fairfaxcountysept.org>

Chat with an Attorney about Special Education

Wed., Feb. 21, 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://form.jotform.com/233535822227152>

Measurable IEP Goals

Wed., Feb. 21, 2024, 6:30pm – 8:00pm

Learn about the benefits of high expectations, what are measurable goals, and why monitoring progress is so important.

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

ReelAbilities Film: "Imperfect"

Wed., Feb. 21, 2024, 8:00pm, 2310 Colts Neck Rd., Reston, \$ varies

Follow the lives of an award-winning theater group with disabilities doing a production of *Chicago*.

Tickets: <https://restoncommunitycenter.com/event/centerstage-cinema-equity-matters-imperfect/>

Strengths of the Dyslexic Mind

Wed., Feb. 21, 2024, 7:00pm

Co-authors of "*The Dyslexic Advantage*" will discuss their perspectives of the strengths developed in some cases of dyslexia. **Register:** [https://labschool-](https://labschool-org.zoom.us/webinar/register/1416946136431/WN_LQOQ3-S7Rg-46rTS-tn4vg#/registration)

[org.zoom.us/webinar/register/1416946136431/WN_LQOQ3-S7Rg-46rTS-tn4vg#/registration](https://labschool-org.zoom.us/webinar/register/1416946136431/WN_LQOQ3-S7Rg-46rTS-tn4vg#/registration)

Anatomy of an IEP – In Spanish

Anatomía de un IEP

Jueves, 22 de Febrero, 6:30pm – 8:00pm

Conozca la secuencia y contenidos de los distintos apartados de un Plan Educativo Individualizado (IEP). **Registrarse:** <https://peatc.org/event/anatomia-de-un-iep/>

Special Education Series – In Spanish

Serie de Educación Especial

Martes o Jueves, 7 y 22 Febrero, 5 y 14 Marzo, y 16 Abril, 2024, a 6:30pm – 8:00pm

Conozca todas las características principales del proceso de educación especial en Virginia. Regístrese para una o más presentaciones.

Registrarse: https://us02web.zoom.us/webinar/register/WN_KdiKGWcrRdSRwOECufsj6w?

Using Sensory Integration Strategies to Increase Understanding and Peace at Home

Thurs., Feb. 22, 2024, 1:00pm – 2:30pm, with extended access, \$0 – \$15 with Coupon Code: SENSORY

Learn how understanding and using the sensory system can help kids and families stay calm and connected. **Register:** <https://adoptionssupport.org/resource/event/syf-webinar-using-sensory-integration-strategies/>

Raising A Kid Who Can – Book Talk & Discussion

Fri., Feb. 23, 2024, 11:00am – 12:30 pm

One of the three authors will discuss this accessible guide to supporting kids' social emotional growth.

Register: <https://thesycamoreschoolva.org/event/raising-a-kid-who-can-book-talk-discussion-in-person-at-tss/>

Cecily's Advocacy Conference

Sat. Feb. 24, 2024, 8:15am – 12:30 pm, 8224 Lochinver Ln., Potomac MD, \$25

A keynote, two workshops and a panel discussion around the topic of tools for creating resilience and well-being. **Register:** <https://www.jotform.com/form/240175033242141>

National Museum of the United States Army's "At Ease" Program

Sat., Feb. 24, 2024, 4:00pm – 6:00pm

A hands-on special educational program and docent led tours will be available.

Tickets: <https://tickets.thenmusa.org/Info.aspx?EventID=43>

ReelAbilities Short Films & Speakers on Mental Health

Sun., Feb. 25, 2024, 3:00pm, 2100 Westmoreland St. Falls Church, \$ varies

Two films and a panel on bipolar disorder and keeping people with mental illness out of prison.

Tickets: <https://templerodefshalom.shulcloud.com/form/inclusion.reelabilities.feb24>

Talk Saves Lives: An introduction to Suicide Prevention

Sun., Feb. 25, 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://ncactsl02252024.attendase.com>

Let's Talk about Talking: How Families Can Nurture and Support Communication Skills

Wed., Feb. 28, 2024, 7:00pm – 8:00pm

Learn about the development of children's communication skills and related behavior challenges.

Register: https://us06web.zoom.us/meeting/register/tZUtcuigpzgvGtBb8PesXX_ARF2UE1DD-RTy#/registration

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>

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 & 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/>

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 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

Sensory Rooms at Fairfax County Community Centers

These calming and relaxing rooms provide interactive ways to promote physical and intellectual development.

Register: https://www.fairfaxcounty.gov/ncs_tracers/up/ProgramListing.aspx?pDGID=2#2

[CLICK HERE](#) for Lorton Community Center Sensory Room Schedule

[CLICK HERE](#) for Jim Scott (Providence) Community Center Sensory Room Schedule

[CLICK HERE](#) for Sully Community Center Sensory Room Schedule

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

Virtual Parent Café – Meets online, second Tuesday of the month, 6:30pm –8:00pm, for parents and guardians of struggling children. To attend, email BuildingStrongerFamilies@fairfaxcounty

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.