

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 **March** workshops:

FBA/BIP Essentials for Families

Mar. 1, 2024 – 10:00am – 11:00am

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.

[Add to Your Calendar](#)

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

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

Mar. 2, 2024, 9:00am – 12:00pm, Providence Community Center

Presented by FCPS School Social Work Services

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!

[Add to Your Calendar.](#)

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

Understanding High School Mathematics Course Offerings

Mar. 8, 2024, 10:00am – 11:30am

How can students participate in mathematics throughout high school in a way that is relevant to and supportive of post-secondary and career interests?

During this session we will discuss mathematics graduation requirements and how to support students in navigating the various course offerings currently available in FCPS.

Students and their families may start thinking about what course pathways are available beginning in middle school. Join us to learn more.

[Add to Your Calendar](#)

[Register for Understanding High School Mathematics Course Offerings](#)

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

Mar.15, 2024: Taming Tantrums and More

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!'

[Add to Your Calendar](#)

Secondary Webinars

Apr. 19, 2024: Proactive Strategies for Effective Communication

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.

[Add to Your Calendar](#)

March 31, 2024: Taming the Teenaged Brain

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](#)

[Sign up for our newsletter](#)

[Add to Your Calendar](#)

[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:

The US Department of Education has issued clarifying guidance regarding the obligation of schools to provide assistive technology to students with IEPs that need them, and that such support includes training for students and their teachers, providers, and family members if needed, as well as access to the support at home. The full range of assistive technology is addressed, from visual schedules, timers, and pencil grips to software, AAC and other devices via the below links:

Dear Colleague Letter:

<https://sites.ed.gov/idea/files/DCL-on-Myths-and-Facts-Surrounding-Assistive-Technology-Devices-01-22-2024.pdf>

Myths and Facts Document:

<https://sites.ed.gov/idea/files/Myths-and-Facts-Surrounding-Assistive-Technology-Devices-01-22-2024.pdf>

Assistive Technology and Reasonable Accommodation, in Spanish Tecnología de Asistencia y Adaptaciones Razonables

Lunes, 4 de Marzo, 2024, 6:00pm

Aprenda cómo participar en la elección de procesos y materiales que ayudarán a su hijo a aprender en el hogar y en la escuela.

Registrarse: https://us02web.zoom.us/webinar/register/WN_wPSyuarQs6PZAkbffp2ng#/registration

Building Strong Parent Advocates – Self-Paced Course, with access 24/7

Mon. Mar. 4 to Mon. Mar. 25, 2024

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/1141257?>

IEP University (IEPU) – Self-Paced Course, with access 24/7

Mon., Mar. 4 to Mon., Mar. 25, 2024

Get accurate and useful information about IEP development and meetings including many practical strategies. Register: <https://www.tickettailor.com/events/peatc/1152747?>

A Place to Play: Working Towards Fairness of Place for All Children

Tues., Mar. 5, 2024, 12:00pm

Learn from a panel about the importance of play spaces and community-led solutions to address gaps in equity. Register: https://harvard.zoom.us/webinar/register/WN_A4tAysNUQz653solHDM5Vw#/registration

Ins and Outs of IEP Meetings, in Spanish

Dentro y Fuera de las Reuniones del IEP

Martes, 5 de Marzo, 2024, 6:30pm – 8:00pm

Aprenda qué esperar de una reunión del IEP, cómo prepararse para ella, y cómo trabajar juntos después para apoyar a su estudiante.

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

How to Talk So Schools Will Listen, (And Listen So Schools Will Talk)

Wed., Mar. 6, 2024, 6:30pm – 8:00pm

Discover communication techniques, prevent barriers to communication, and build agreements around difficult problems.

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

Measurable IEP Goals

Wed., Mar. 6, 2024, 6:30pm – 8:00pm

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

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

The Gut, Autism, and Mental Health

Wed., Mar. 6, 2024, 1:00pm

Learn about the relationship between the gut-brain axis, mental health, and autism.

Register: <https://autism.org/gut-autism/>

Health Equity in ADHD: Addressing Racial Disparities in Diagnosis & Treatment

Thurs., Mar. 7, 2024, 3:30pm

Learn what parents of kids with ADHD need to know to find appropriate providers and ensure proper care and treatment. Register: <https://www.additudemag.com/webinar/health-equity-adhd-diagnosis-treatment/>

Home and Community Based Services (HCBS) Regulations

Thurs., Mar. 7, 2024, 6:00pm – 7:30pm

Learn about the HCBS Final Rule, person-centered plans, the modifications process, provider requirements, and more. Register: <https://events.gcc.teams.microsoft.com/event/9d96caca-fe54-49a5-867d-37cc2420a182@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Nurturing Parenting Class – Families with Children Ages 5 – 11

Thursdays, Mar. 7 through Jun. 20, 2024, 5:30pm – 8:00pm, 7434 Bath St. Springfield

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](mailto:ParentingEducation@fairfaxcounty.gov) or phone [Augustina Bravo 703.324.7196](tel:703.324.7196)

Understanding Special Education – for Military Families

Thurs., Mar. 7, 2024, 6:30pm – 8:00 pm

Learn the steps of the special education process and gain practical strategies for participating effectively in IEP meetings.

Register: https://us02web.zoom.us/webinar/register/WN_Rr5r8gtJRByAcw1qmfRVQQ#/registration

Morning at the Museum – National Museum of American History

Sat., Mar. 9, 2024, 8:30am – 10:00am, 1300 Constitution Ave. Washington, DC

Families with students with cognitive or sensory processing disabilities may explore the exhibits and sensory-friendly activities. Register: <https://www.eventbrite.com/e/smithsonians-morning-at-the-museum-at-american-history-tickets-840563416807?aff=oddtcreator>

Summer Resource Fair for Families of Students with Disabilities

Sat., Mar. 9, 2024, 9:00am – 12:00pm, 21000 Education Court, Ashburn

Explore summer camps, classes, and activities offered through government agencies and nonprofit and for-profit organizations. Register: <https://bit.ly/3OCjCtb>

Ten Things You Need to Know about IEPs – in Spanish

Diez cosas que debe saber sobre un IEP

Miércoles, 13 de Marzo, 2024, 6:30pm – 8:00pm

A child with a disability has the right to an Individualized Education Program (IEP) which their parents help develop! Learn how to help.

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

Discover Independence with the TFIL Team, in Spanish

¡Descubre la Independencia con el Equipo TFIL para Hablantes de Español!

Jueves, 14 de Marzo, 2024, 7:00pm

Descubra cómo la aplicación Arc2Independence puede ayudar a su hijo a ganar más independencia de forma segura. Registrarse: <https://us06web.zoom.us/meeting/register/tZcsdeuvqzksGN1-8M003ulPqNWB67f2lsH#/registration>

Talk Saves Lives: An introduction to Suicide Prevention

Thurs., Mar. 14, 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://nacts103142024.attendease.com>

What I've Learned About Bullying: Autistic Self-Advocate Stephen Shore Speaks Out

Tues., Mar. 19, 2024, 7:00pm – 8:30pm

Dr. Shore, an autistic professor of special education, has held board positions at several autism organizations. Register: <https://xminds.org/event-5605255>

Dispute Resolution Options in Virginia

Wed., Mar. 20, 2024, 6:30pm – 8:00pm

Learn about the various dispute resolution options, how they work, and when it may be best to use a specific option.

Register: https://us02web.zoom.us/webinar/register/WN_VdwCCnd9QNWtq3_nGEOx2g?

How Games Can Help Teach Social Skills

Wed., Mar. 20, 2024, 1:00pm

Playing games is a key part of child development. Fostering game skills can help autistic kids engage with peers. Register: <https://autism.org/how-games-can-help-teach-social-skills/>

Talk Saves Lives: An introduction to Suicide Prevention

Sun., Mar. 24, 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://ncaactsl03242024.attendase.com>

New “Stewards of Children” Child Protection Training

Mon., Mar. 25, 2024, 12:00pm

Learn “5 Steps to Protecting Children™” and how to apply them to better protect children from child sexual abuse. Register: <https://us02web.zoom.us/meeting/register/tZUvf-GsrDMuHtRDqxNUxswJW49aIu2zcWUw#/registration>

Plan ahead:

Dad’s Parenting Group, in Spanish

Planifique con anticipación – Grupo de crianza de papa

Miércoles, 3 de Abril a 26 de Junio, 2024, 6:30pm – 8:30pm

Se enfoca en cinco características que todos los padres necesitan para ser padres efectivos: conciencia de sí mismo, autocuidado, habilidades de paternidad, paternidad, y relaciones.

Pre-Registrarse: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement>
Building Independence with the TFIL Team

Foster, Adoptive & Kinship Family Fun Day, \$ varies, Early Bird prices until Mar. 16, 2024

Sat., Apr. 13, 2024, 8:30am – 2:00 pm, 10900 University Blvd, Manassas

Foster, adoptive and kinship families will have age appropriate fun for kids and youth and expert sessions for parents. Register: <https://www.eventbrite.com/e/spring-forward-foster-adoptive-kinship-family-fun-day-tickets-266938509267>

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 & Proactive Solutions, \$149

Participants will learn how to use the ALSUP assessment and how to solve problems collaboratively.

Access: <https://vimeo.com/ondemand/2dayjan22>

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/>

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

Scholarships for Classes with Fairfax County Parks

Children of families that receive public assistance (medicaid, free school lunch, SNAP, TANF) are eligible to take one set of classes per quarter for a \$15 fee.

Information: <https://www.fairfaxcounty.gov/parks/scholarships>

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

- **Lorton Community Center Sensory Room Schedule:**
<https://www.fairfaxcounty.gov/neighborhood-community-services/sites/neighborhood-community-services/files/Assets/documents/Calendars/Lorton%20Community%20Center%20Calendar.pdf>
- **Sully Community Center Sensory Room Schedule:**
<https://www.fairfaxcounty.gov/neighborhood-community-services/sites/neighborhood-community-services/files/Assets/documents/Calendars/Sully%20Community%20Center%20Calendar.pdf>
- **Jim Scott (Providence) Community Center Sensory Room Schedule:**
<https://www.fairfaxcounty.gov/neighborhood-community-services/sites/neighborhood-communityservices/files/Assets/documents/Calendars/Jim%20Scott%20Community%20Center%20Calendar.pdf>

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

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

Alpha Moms – Meets monthly in McLean. Support group for adoptive parents.

Contact: robin4brady@gmail.com

Arlington Epilepsy Support Group – A list-serve, can be accessed at arlepilepsy@googlegroups.com.

Autism Dads – Meets monthly. Contact: George Buzby at 571.419.1257 or gbuzby@aol.com

Autism 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 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 1:00pm a 2:00pm en Service Source, 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 Kinship Support Group, *dinner and childcare are provided* – Meets virtually on the first Thursday, monthly, 6:30pm- 8:00 pm. An in-person group meets on the third Thursday, monthly, at Fairfax County Community Centers, 6:15pm –8:00pm. Register: <https://bit.ly/FxKinSupport>

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

Parents of Autistic Teens – Meets some Saturdays, monthly. **Contact:** [Maria Dubuc 703.970.3676](mailto:Maria.Dubuc@ASNV.org) or Admin@ASNV.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>

Transition Parent Support Group – For families whose youth will be aging out (or have aged out) of school. Parents meet Saturdays, 10:00am – 12:00pm, 3060 Williams Dr. #300, Fairfax.

Register: <https://arcofnva.app.neoncrm.com/np/clients/arcofnva/eventRegistration.jsp>

Two 9.1.1 Pre-Notification Programs Are Now Available – both allow prior registration so that first responders will be aware of the special needs of individuals at the scene; and the special needs of individuals, and information about pets and your residence can be included with emergency contacts:

- **Fairfax County Emergency Health Profiles**
<https://www.fairfaxcounty.gov/911/emergency-health-profile>
Ongoing medical and behavioral health conditions can be included, along with emergency contact information.
- **Fairfax County Community Connect**
<https://www.communityconnect.io/info/va-fairfax-county>

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.