

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 **April** workshops:

Apr. 2 - SIBSHOPS: An Exciting, In-person Workshop for Brothers and Sisters of Children with Special Needs!

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](#)
- [Link to Google Maps](#)
- Presented by FCPS School Social Work Services, 13800 Wall Road, Herndon, VA, 20171

[Register for this event](#)

5 de Abr. - Apego: Creando una relación con mi hijo donde se sienta seguro y protegido (Attachment*: Creating a Relationship with my Child Where they Feel Safe and Protected)

10:00am – 11:30am

El propósito de estos seminarios web es apoyar y capacitar a los padres para que establezcan relaciones sanas y seguras con sus hijos (*apego) respondiendo de manera positiva y efectiva a las necesidades de sus hijos.

Parte 1 [Añadir a tu calendario](#)

- ¿Qué es el apego?
- Los diferentes estilos de apego y cómo impactan el futuro social y emocional de un niño.
- ¿Qué influye en el tipo de apego que desarrollamos con nuestros hijos?

Parte 2 [Añadir a tu calendario](#)

- ¿Cómo puedo ayudar a mi hijo a sentirse seguro en nuestra relación padre/hijo?
- Cuatro de los desafíos más comunes que puede presentar mi hijo durante el desarrollo emocional.
- Estrategias para responder a estos desafíos sin afectar el desarrollo de un apego seguro.
- Presenter: Northern Virginia Family Service
- **Format: Virtual**

[Register for this event](#)

Apr. 12 - Supporting the Learning and Recreational Needs of 2e Learners During the Summer

10:00am – 11:30am

Learn about how summer can be a time for twice exceptional students to encourage the love of learning, develop talent, socialize, and reflect. Find out about inclusive summer camps both in our local community and nationally that serve students of all abilities.

Webinar Highlights:

- Learn about the benefits of summer enrichment for twice-exceptional students.
- Learn about what families can do at home to continue to encourage talent and skills development for their twice-exceptional child.
- List of FCPS summer opportunities and resources.
Presenter: Dr. Nonye Oladimeji, FCPS Educational Specialist for AAP twice exceptional (2e) children
- [Add to your Calendar](#)
- **Format: Virtual**

[Register for this event](#)

Apr. 16 - Mathspace Mastery: Elevate Independent Learning and SOL Prep.

10:00am – 11:30am

Join us to see how Mathspace fosters independent learning at every grade level! This informative session will highlight how your student can use Mathspace to independently tackle math challenges, perfectly aligned with their grade-level course. We will demonstrate how to use this tool to prepare for the Math SOL assessment. Don't miss this chance to boost your students' self-driven learning adventure!

- Presenter: Rhonda Davis, Head of Customer Success, North America and Jonathan Templin, Head of Sales, North America.
- [Add to Your Calendar](#)
- **Format: Virtual**

[Register for this event](#)

Apr. 16 - Meet the Author Series: Gifted and Distractible with Julie Skolnick

7:00pm – 8:00pm

Does your child exhibit giftedness and behavioral issues like meltdowns, power struggles, and difficulty relating to peers? Are they out-of-the-box thinkers requiring different teaching and learning methods? Does your child exhibit giftedness and behavioral issues like meltdowns, power struggles, and difficulty relating to their peers? Are they out-of-the-box thinkers requiring different teaching and learning methods? Join us for a discussion with author Julie Skolnick about her innovative and timely book for families of twice-exceptional children.

- Presenter: Julie Skolnick
- [Add to Your Calendar](#)
- Format: Virtual

[Register for this event](#)

Apr. 17 - NOVA 2024 VISION

4:00pm – 6:00pm

FCPS and Northern Virginia Community College (NOVA), are offering an opportunity for students with disabilities interested in attending NOVA to learn about available options. The orientation will include presentations from Accommodations and Accessibility Services and Counseling Services, a mock NOVA classroom experience for students, and a NOVA student panel with Q&A session.

[Register for this event](#)

Apr. 19 - Behavior Solution Series: Proactive Strategies for Effective Communication

10:00am – 11:30am

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.

- Presenter: FCPS Behavior Intervention Services
- [Add to Your Calendar](#)
- Format: Virtual

[Register for this event](#)

Apr. 30 - Counseling Services in Virginia: How to Get the Help You Desire

10:00am – 11:30am

Are you starting or continuing to look for mental health and substance abuse services for your child? Join a private practice therapist and FCPS's Senior Substance Abuse Prevention Specialist to help attendees understand how to locate and become involved with mental health treatment services in VA.

Webinar Highlights:

- school supports and community resources
- stigma and equity,
- different types of therapy
- Format: Virtual

[Register for this event](#)

[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 date 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://fairfaxcountysept.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 that schools are obligated to provide assistive technology for students with IEPs who can benefit, and that such support includes training for students and their teachers, providers, and a family member if needed, as well as access to it at home. The full range of assistive technology is covered, from visual schedules, timers, and pencil grips to software, AAC and other devices. Please find additional information below:

“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>

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

Mon., Apr. 1 through Apr. 22, 2024

Get accurate and useful information about IEP development and meetings including many practical strategies. Register: <https://www.tickettailor.com/events/peatc/1172440?>

Dad’s Parenting Group –In Spanish

Planifique con anticipación – Grupo de crianza de papa

Miércoles, 3 de Abr. a 26 de Jun., 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.

Preregister: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement>

Lexia Parent Night

Tues., Apr. 9, 2024

Learn how to support your child’s reading, and about Lexia, a computer program FCPS teachers use to aid literacy instruction. Access: <https://lexialearning.zoom.us/j/96742118234?>

Medication for ADHD: How to Run Carefully Controlled Trials

Tues., Apr. 9, 2024, 10:00am –11:00am

Preview the video provided on this topic to get the most out of the discussion. Pay what you can fee \$.

Register: <https://lp.constantcontactpages.com/ev/reg/gfk9q6k>

Registration for Fairfax County Therapeutic Recreation Camps

Registration opens Apr. 10, 2024

See: <https://13952165366949484953.googlegroups.com/attach/cc6c20ed0b86/Summer%20Camp%202024%20Program%20Flyer.pdf?>

An Individualized Approach to Raising Your Challenging Child, (Ages 3-12), \$ varies

Thursdays, Apr. 11 – Jun. 13, 2024, 7:30pm – 8:30pm

This program helps parents identify the source of their child’s challenging behavior and learn what they can do about it. Register: <http://www.parentchildjourney.com/journey/>

A Parent's Guide to Building Emotional Resilience

Thurs., Apr. 11, 2024, 9:00am – 10:00am

Consider what emotional well-being means, how to expand a “window of tolerance,” and how to manage emotions well. **Register:** <https://www.eventbrite.com/e/a-parents-guide-to-building-emotional-resilience-tickets-861609436017?>

Talk Saves Lives: An introduction to Suicide Prevention

Thurs., Apr. 11, 2024, 8:00pm – 9:00pm

Suicide can be prevented. Learn how to recognize common risk factors and warning signs and learn how to respond. **Register:** <https://ncactsl04112024.attendease.com>

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

Sat., Apr. 13, 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>

Spring Forward: Foster, Adoptive & Kinship Family Fun Day, \$ varies

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

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

An Introduction to Virginia and North Carolina Special Education for Military-Connected Families

Mon., Apr. 15, 2024, 6:30pm – 8:00pm

Learn the steps of the special education process and the parent’s role in developing an Individualized Education Program (IEP) for your child.

Register: https://us02web.zoom.us/webinar/register/WN_M2SSom4OQ_6hpddzjHU-7w?

How to Survive and Thrive on Your Family Vacation

Tues., Apr. 16, 2024, 7:30pm – 9:00pm

Gain tips on how to plan, when and how to change plans, and how to set the kids up for success while away. **Register:** <https://www.eventbrite.com/e/how-to-survive-and-thrive-on-your-family-vacation-tickets-867597155447>

Medication for ADHD: Side effects, Un-even Coverage, and Discontinuation Trials, *pay what you can fee*

Tues., Apr. 16, 2024, 10:00am – 11:00am

Preview the video provided on this topic to get the most out of the discussion.

Register: <https://lp.constantcontactpages.com/ev/reg/gfk9q6k>

Your Voice Matters! – In Spanish

¡Su Voz Vale!

Martes, 16 de Abr., 2024, 6:30pm – 8:00pm

Aprenda sobre la defensa, incluidos enfoques prácticos y efectivos para interactuar con la escuela de su hijo que beneficiarán a su hijo y su familia.

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

Autism and Sleep – Research Updates

Wed., Apr. 17, 2024, 1:00pm

Gain research updates on co-occurring sleep disturbances and autism.

Register: <https://autism.org/autism-and-sleep-research-updates/>

When to Worry About Your Worrier: A Roadmap for Recognizing and Supporting Children and Adolescents Struggling with Anxiety

Wed., Apr. 17, 2024, 7:00pm – 8:30pm

Learn how symptoms might manifest at different ages and effective prevention and intervention strategies. **Register:** https://labschool-org.zoom.us/webinar/register/3416946143525/WN_ILiub87Qt-7TIu5ZWaRTg#/registration

Family Engagement Summit, *includes raffles*

Sat., Apr. 20, 2024, 9:00am – 4:00pm

The focus will be on building effective support systems and ways to create synergy for student success. **Register:** <https://www.tickettailor.com/events/peatc/1176853?>

Safe, Supported and Included – FCPS Family Summit

Sat., Apr. 20, 2024, 8:00am – 1:30pm, Marshall High School, Falls Church

Learn about support for all students but particularly for those with disabilities and their families. **Registration:** [after spring break](#)

From Past Challenges to Future Successes: Strategizing to Advance Inclusion

Tues. Apr. 23, 2024, 2:00pm

Learn about challenges with inclusion, and data-supported practices to advance inclusion and to support staff. **Register:** https://thearc-org.zoom.us/webinar/register/8217084514312/WN_9Xu6-6zKRw6sq9XfiSPa1w#/registration

Chat with an Attorney about Special Education

Tues., Apr. 24, 2024, 9:00am – 3:00pm

Free 45-minute appointments are available for parents to receive guidance from an attorney on special education topics. **Register:** <https://form.jotform.com/240504503516143>

Social Security Basics

Wed., Apr. 24, 2024, 9:00am – 10:30am

Learn about Supplemental Security Income (SSI) and Social Security, benefits for adults with disabilities, including how to apply.

Register: https://us06web.zoom.us/webinar/register/WN_9vSAjf7NSXK4cilpJKtrqA#/registration

Early Childhood Academy – for families of young children with disabilities, *self-paced course*

Apr. 26 through May 31, 2024

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

Register: <https://www.tickettailor.com/events/peatc/1160549>

Storytime Reading: Gizmo's “Pawesome” Guide to Mental Health

Sat., Apr. 27, 2024, 11:00am – 12:00pm, 5049 Waterway Dr., Dumfries

This book introduces for youth (age 5-11) the ideas of mental health, healthy coping, and trusted adults who can help. **Register:** <https://gizmo04272024.attendase.com>

Talk Saves Lives: An introduction to Suicide Prevention

Sun., Apr. 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://ncactsl04282024.attendase.com>

Medication for ADHD: Coexisting ADHD, Anxiety and Autism, *pay what you can fee*

Tues. Apr. 30, 2024, 10:00am – 11:00am

Preview the video provided on this topic to get the most out of the discussion.

Register: <https://lp.constantcontactpages.com/ev/reg/gfk9q6k>

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>

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>

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

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/a0179kbgrhnj1/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 Español 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>.

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>

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

Parents of Autistic Teens – Meets some Saturdays, monthly. Contact: Maria Dubuc 703.970.3676 or Admin@ASNV.org

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>

Two 911 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.