

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.

Look What's New at the Family Resource Center!

The FRC created the following guides for FCPS families, schools, and the community. The guides can be viewed online or printed by just clicking on the guide you wish to view.

- [Adapted Recreation](#): Activities that are inclusive and adapted for adults and children.
- [Digital Resources Guide](#): Links to various digital bulletin boards. Each bulletin board has a different topic of interest.
- [LGBTQ+ for Adults](#): Resources for adults about the LGBTQ+ community
- [LGBTQ+ for Youth](#): Resources for youths about the LGBTQ+ community
- [Family Support](#): Resources for the disability community as well as those community members with mental health and other medical conditions
- [Resources for Military-Connected Families](#): Resources in Fairfax County and the surrounding community for military-connected families and youth
- [Respite Care](#): Resources for finding respite care
- [Summer Camps](#): List of summer camp opportunities for all children

The following is a complete list of PRC **May** workshops:

**Apego: Creando una relación con mi hijo donde se sienta seguro y protegido, (presentado en español), virtual
Viernes, 10 de Mayo de 2024**

Como ayudar a mi hijo a sentirse seguro en la relación que tiene con nosotros como padres. Cuatro de los retos más comunes que puede presentar mi hijo durante su desarrollo emocional. Estrategias para responder a estos retos sin afectar el desarrollo de un apego seguro.

[Agregue a su calendario](#)

[Regístrate para este evento](#)

**Covid-19 (C19) Compensatory Services Partnership Between FCPS and Varsity Tutors, virtual
(Choose one session): Tuesday, May 14, 2024, 10:00am – 11:00am, [Add to Your Calendar](#) OR
Wednesday, May 15, 2024 7:00am – 8:00pm, [Add to Your Calendar](#)**

Join us for an information session about a new partnership between Fairfax County Schools (FCPS) and Varsity Tutors. This partnership will provide students with disabilities an additional opportunity to receive compensatory education as a result of the COVID-19 Pandemic in accordance with their IEP.

[Register for this event](#)

**Meet the Author Series: The Breakthrough Years by Ellen Galinsky, virtual
May 17, 2024, 10:00am – 11:30am**

Child development expert **Ellen Galinsky** challenges widely held assumptions about adolescents and offers new ways for parents and others to better understand and interact with them in a way that helps them thrive.

Galinsky's Shared Solutions Framework and Possibilities Mindset show you how to:

- turn daily conflicts into opportunities for problem-solving where both teens and parents feel listened to and respected
- encourage positive risk-taking in your child like standing up for themselves, making new friends, and helping their communities
- promote five essential executive function-based skills that can help them succeed now and in the future.

Join best-selling author, **Ellen Galinsky**, as she shares her latest research on raising thriving teens.

[Add to Your Calendar](#)

[Register for this event](#)

**Behavior Solution Series for Secondary Families: Taming the Teenaged Brain, virtual
May 31, 2024, 10:00am – 11:30am**

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.

[Add to Your Calendar](#)

[Register for this event](#)

[CLICK HERE](#) to stay informed about future PRC in person and virtual workshops.

The Virginia Family 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.

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://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.

Special Announcement:

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. 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>

[CLICK HERE](#) to view SEPTA’s complete list of upcoming events and ongoing/on-demand resources, updated monthly.

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@asn timer.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@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 or Admin@ASNV.org](mailto:Maria.Dubuc@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

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.