

Parent Information Relating to Special Education

All these opportunities are **FREE** unless noted.

Todos estos eventos son **gratuitos** excepto donde se indique.

In most cases **you must register** if registration information is provided.

Ongoing and On Demand events and courses follow this monthly list of events.

When other events are announced they will be posted with these at:

<https://fairfaxcountysepta.org/upcoming-community-events/>

April

Eric Fund Grants

The Eric Fund awards grants of up to \$5,000 for technology or equipment for individuals with disabilities.

Apply by April 13: <https://www.ericfund.org/apply-for-a-grant>

Plan ahead — Dad's Parenting Group — In Spanish

Planifique con anticipación — Grupo de crianza de papa

Miércoles, 3 de abril a 26 de junio, 6:30-8:30 pm

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

Plan Ahead — Registration for Fairfax County Therapeutic Recreation Camps

Opens April 10

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

Save the Date — Safe, Supported and Included — FCPS Family Summit

Sat. Apr. 20, 8 am-1:30, Marshall HS, Falls Church

Learn about supports for all students but particularly for those with disabilities and their families.

Register: after spring break

Plan Ahead — Chat with an Attorney about Special Education

Tue. Apr. 24, 9:00 am–3:00 pm

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

Register: <https://form.jotform.com/240504503516143>

IEP University (IEPU) — Self-Paced Course

Mon. Apr. 1 to 22, with access 24/7

Get accurate and useful information about IEP development and meetings including many practical strategies.

Register: <https://www.tickettailor.com/events/peatc/1172440?>

Transition Lunch & Learn

Wed. Apr. 3, noon-1:30 pm

Plan for the transition to adult services by learning about supports for employment, transportation, recreation, and day services.

Register: https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

Building Independence with the TFIL Team

Thu. Apr. 4, noon-1 pm

Learn how the Arc2Independence app can help your student with ID/DD to become independent with daily routines and challenges.

Register: <https://us06web.zoom.us/meeting/register/tZMtce6qqD8jHNz6UyPkRgltKT7nmk3ecB6h#/registration>

Monthly Metro Rail Travel Training

Fri. Apr. 5, 10 am, Dunn Loring Metro, [2700 Gallows Rd. Merrifield](#)

This is a practice trip on the metro for an individual with a disability and a designated adult. Metro card included.

Register: <https://forms.zohopublic.com/dmonnig/form/TheArcsMetroTripRegistrationForm2024/formperma/wcuMB7t4QAQu8aAPQIWtR722AoacGILxcJsQFAIjvQ0>

Medication for ADHD: How to Run Carefully Controlled Trials

Tue. Apr. 9, 10-11 am

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>

Building a Successful Transition IEP

Tue. Apr. 9, noon, 3060 Williams Dr. #300, Fairfax

Explore ways to ensure that your student's IEP reflects who they really are and builds opportunities for their future.

Register: https://us06web.zoom.us/webinar/register/WN_K3vRTfz_RPicNfN6THq7Yw#/registration

Identifying Depression and Anxiety in Teens with ADHD

Tue. Apr. 9, 1 pm, with replay link

Learn how depression or anxiety affects ADHD symptoms and vice versa, as well as how to devise a treatment plan.

Register: [https://www.additudemag.com/webinar/teen-depression-anxiety-adhd/?](https://www.additudemag.com/webinar/teen-depression-anxiety-adhd/)

Turning 18 in Virginia: What Individuals with Disabilities Need to Consider

Wed. Apr. 10, 7:00-8:30 pm

Is your 17 yr old ready to make legal, financial, medical, and educational decisions in their life? Learn how to prepare.

Register: https://us02web.zoom.us/webinar/register/WN_UZdwZerzRZuXby548FYC0A#/registration

A Parent's Guide to Building Emotional Resilience

Thu. Apr. 11, 9-10 am

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?>

Sexual Assault Awareness and Prevention: Parent and Student Conversation

Thu. Apr. 11, 6:30-8:00 pm, LCPS Administrative Building: [21000 Education Ct.](#)

[Ashburn](#)

No Registration

Talk Saves Lives: An introduction to Suicide Prevention

Thu.. Apr. 11, 8-9 pm

Suicide can be prevented. Learn how to recognize common risk factors and warning signs, and learn how to respond.

Register: <https://ncactsl04112024.attendease.com>

Supporting the Learning and Recreational Needs of Twice Exceptional (2e) Learners During the Summer

Fri. Apr. 12, 10:00-11:30 am

Learn about the kinds and benefits of summer enrichment for 2e students with opportunities in FCPS and elsewhere.

Register: https://docs.google.com/forms/d/e/1FAIpQLSfCHaKHTd8Lx_wwHJK0tBs4-EZ3x3T1LmhkOjUAC56zAkuogQ/viewform

Spring Forward: Foster, Adoptive & Kinship Family Fun Day

Sat, Apr. 13, 8:30 am-2:00 pm, [10900 Univ. Blvd, Manassas](#)

Foster, adoptive, and kinship families will have age appropriate fun for kids and youth, with expert sessions for parents. **\$ varies**

Register: <https://www.eventbrite.com/e/spring-forward-foster-adoptive-kinship-family-fun-day-tickets-266938509267>

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

Sat. Apr. 13, 4-6 pm,

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

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

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

Mon. Apr. 15, 6:30-8:00 pm

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

Register: https://us02web.zoom.us/webinar/register/WN_M2SSom4QQ_6hpddzjHU-7w?

Medication for ADHD: Side effects, Un-even Coverage, and Discontinuation Trials

Tue. Apr. 16, 10-11 am

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>

Mathspace Mastery: Elevate Independent Learning and SOL Prep

Tue. Apr. 16, 10:00-11:30 am

See how Mathspace fosters independent learning at every grade, and how your student can use it to prepare for an SOL

Register: <https://docs.google.com/forms/d/e/1FAIpQLSd1iUlf7nmJzq1Te7XQsforkXmUxBZk8HszWJYi6L7kyzyo7Q/viewform>

Your Voice Matters! — In Spanish

¡Su Voz Vale!

Martes, 16 de abril, 6:30-8:00 pm

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?

Meet the Author Series: Gifted and Distractible with Julie Skolnick

Tue. Apr. 16, 7-8 pm

Consider how out-of-the-box thinkers may have behavioral issues and need different teaching and learning methods.

Register: https://docs.google.com/forms/d/e/1FAIpQLScw_NMqReTSyi4Prs4GKzZt4tEF2GHNrDlclodGR357mpL_bQ/viewform

How to Survive and Thrive on Your Family Vacation

Tue. Apr. 16, 7:30-9:00 pm

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>

Transition Lunch & Learn

Wed. Apr. 17, noon-1:30 pm

Plan for the transition to adult services by learning about supports for employment, transportation, recreation, and day services.

Register: https://zoom.us/meeting/register/tJcqcOuurjsjHtHPVysnNwEhc3ZXUUZsrn_A

Autism and Sleep – Research Updates

Wed. Apr. 17, 1 pm

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

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

Northern Virginia Community College: NOVA 2024 VISION

Wed. Apr. 17, 4-6 pm, 8333 Little River Tnpk. Annandale

Students with disabilities can learn about NOVA programs including accommodations and a student panel with Q&A.

Register: https://docs.google.com/forms/d/e/1FAIpQLSemGKGqvx-YDuGpxOUzYzDT4SNL11rUiVPOT-s8zhSLwFOTWw/viewform?utm_campaign+=

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

Wed. Apr. 17, 7:00-8:30 pm

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-7Tlu5ZWaRTg#/registration

Real Work for Real Pay: From High School to Employment for Your Child with a Disability

Thu. Apr. 18, 6:30-7:45 pm OR Thu. Apr. 25, 6:30-7:45 pm

Even with a significant disability, a child can get a job in the community after graduating high school. Learn how to reduce barriers.

Register: https://us02web.zoom.us/webinar/register/WN_hy3o8SBpTbiMOD4av3z1DA?

Proactive Strategies for Effective Communication for Secondary Students

Fri. Apr. 19, 10:00-11:30 am

Uncover the ways to foster open communication, build trust, and turn challenges into opportunities for growth.

Register: https://docs.google.com/forms/d/e/1FAIpQLSdMamIXggcMNUbRrPsNJ__qmtdOMC9UTqIB3xGzPS0HUREvQ/viewform

Family Engagement Summit

Sat. Apr. 20, 9 am-4 pm

The focus will be on building effective support systems and ways to create synergy for student success. Raffles.

Register: <https://www.tickettailor.com/events/peatc/1176853?>

From Past Challenges to Future Successes: Strategizing to Advance Inclusion

Tue. Apr. 23, 2 pm

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

TFIL Talks: Lessons from Arc2Independence

Tue. Apr. 23, 7 pm

Individuals with IDD or DD can watch how they could use this app to help them with transportation, safety, or daily living.

Register: <https://us06web.zoom.us/meeting/register/tZYldOutrz0sG9Bwtzwe3bTUTATVg4Zdy-fX#/registration>

Social Security Basics

Wed. Apr. 24, 9:00-10:30 am

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

Real Work for Real Pay: From High School to Employment for Your Child with a Disability

Thu. Apr. 25, 6:30-7:45 pm

Even with a significant disability, a child can get a job in the community after graduating high school. Learn how to reduce barriers.

Register: https://us02web.zoom.us/webinar/register/WN_3vUesKLpRVChpSuaSP9SvA?n

Talk Saves Lives: An introduction to Suicide Prevention

Sun.. Apr. 28, 4-5 pm

Suicide can be prevented. Learn how by recognizing common risk factors and warning signs; and learn how to respond.

Register: <https://ncaactsl04282024.attendease.com>

Medication for ADHD: Coexisting ADHD, Anxiety and Autism

Tue. April 30, 10-11 am

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>

Counseling Services in Virginia: How to Get the Help You Desire

Tue. Apr. 30, 10:00-11:30 am

Learn about the types of therapy and how to locate and become involved with mental health treatment services in VA.

Register; <https://docs.google.com/forms/d/e/1FAIpQLSfpBQufPI8IYRt9TPALDBcXGByqnqtpoS8xesnBfi5ILlitaA/viewform>

Ongoing and On Demand

College Partnership Program — *For Grade 9-12 Students*

This program prepares students with disabilities and other underrepresented groups to enroll and succeed in college.

Contact the student's HS Counselor or Lakeyta Smith at 571-423-4413

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/>

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/>

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-community-services/files/Assets/documents/Calendars/Jim%20Scott%20Community%20Center%20Calendar.pdf>

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: 703 324-8563

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>

ADHD @ School: Top 10 Hurdles to Learning with ADHD

This 10-part self-guided course equips caregivers and students with effective solutions to the specific academic and behavioral challenges associated with ADHD

Register: <https://www.additudemag.com/download/adhd-new-school-year-for-parents/>

The Arc@School Advocacy Curriculum \$99 for 6 months

Build your special education knowledge, know the law, and learn to advocate for the services your child

needs. Scholarship: <https://thearcus.surveymonkey.com/r/H7WNHB7>

Purchase: <https://thearcatschool.org/advocacy-curriculum/?>

Dyslexia & the IEP: How to Make Sure the IEP Is in Tip-Top Shape

24/7 Access: <https://www.youtube.com/watch?v=frehRL58UTs>

NAMI Basics

This 6-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>

Children's Challenging Behaviors

This 6-hour workshop focuses on children's challenging behaviors, mental health conditions, special education, and advocacy skills. Register: <https://nami-northernvirginia.org/support-and-education/mental-health-education/childrens-challenging-behaviors/>

Broad Futures Paid Internship Programs

Winter 13 weeks Summer 9 weeks

Program designed for neurodivergent high school graduates or rising seniors who are planning on college. **\$\$ varies**; Scholarships available.

Information: <https://broadfutures.org/programs/>

Wrightslaw Special Education Law and Advocacy Training

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy. **\$50-\$90**

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>

Advanced Training in Collaborative & Proactive Solutions

Participants will learn how to use the ALSUP assessment and how to solve problems collaboratively. **\$149**

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

Get Ready for College: A Resource for Teens with Disabilities

Online, Self-Paced 8-Class Course from VCU

This course for high school students with disabilities focuses on preparation for college, selection of a college for best fit, and the disability services process.

Access: <http://vafamilysped.org/Event/j8Gu8yhL54NjdEsQYzftwg/Event-online-self-paced-free-course-get-ready-for-college-a-resource-for-teens-with-disabilities>

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>

The Parent Playbook — 9 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

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.

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>

The special needs of individuals, and information about pets and your residence can be included with emergency contacts.

Ongoing Community Support Groups for Youth & Parents

All these support groups are open to newcomers, and they are free, except where noted. No diagnosis is required to participate. Participants are typically given the opportunity to share their story, experience support, and glean guidance (as desired) from group members regarding both community and school resources. **Confidentiality is to be respected.**

Support Groups for Youth

ASNV Autism Social Group for high school students and young adults meets on the 1st Saturday monthly noon-1 pm. Contact Nicci Dowd at autismsocclub@gmail.com. Join meeting at https://us02web.zoom.us/j/9466001682#success_ Meeting ID: 946 600 1682;

ASNV Teen Time for youth, age 13-19 with ASD, meets one Saturday monthly, in-person 1-2 pm at 10467 White Granite Dr. Oakton. RSVP to director@asnv.org

Escape Room Book Club (with hybrid-media) for neurodiverse teens, ages 12-18, to connect with their peers, meets monthly on the 4th Thu. At 4:30 pm at Brambleton Library, Brambleton. Contact: austin.ferraro@loudoun.gov for current books 571-258-3998

Heads Up* and *Talk It Out — Teen and Parent Recovery Groups

These are concurrent virtual groups for teens (ages 14-17) who are working through emotional, mental health or substance use challenges and their parents every Thursday 6-7 pm. Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

NAMI Young Adult Connection Recovery Support Group is for individuals age 18-36 who have experienced symptoms of a mental health condition. Trained young adults, who are in recovery, lead the group on the 3rd Tuesday monthly, 7:30-9:00 pm. Contact: <https://nami-northernvirginia.org/event/young-adult-connection-support-group-online/>

People First for Young Adults is a social and self-advocacy group for youth with disabilities ages 14-26. It meets monthly on the 2nd Tuesday, 6:30-8:00 pm. Contact: email Diane.Monnig@thearcofnova.org

Youth Empowerment Transition Council, for youth with disabilities ages 14-22, meets on the 2nd Monday of the month to advise PEATC and build advocacy and leadership skills. Apply: <https://forms.office.com/pages/responsepage.aspx?>

Youth Move! VA (for ages 14-25) meets on the 3rd Friday monthly at 5-6 pm for youth-initiated conversations and activities regarding mental health.

Register: <https://namivirginia.org/support-and-education/support-groups/youth-move-virginia-support-group/>

Support Groups for Parents

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, 6:00-7:30 pm. Register at least 24 hours in advance by email BuildingStrongerFamilies@fairfaxcounty.gov or 703-324-7720

Alpha Moms This support group for adoptive parents meets monthly in McLean. Contact: robin4brady@gmail.com

Arlington Epilepsy Support Group, a list-serve, can be accessed at ARLEpilepsy@googlegroups.com

Autism Dads meets one evening monthly. Contact: George Buzby at 571-419-1257 or gbuzby@aol.com

Autism Society of NoVA Parents and Caregivers meets on the 2nd Wednesday of the month, 7-8 pm via Zoom. <https://us02web.zoom.us/j/9466001682#success> Meeting ID: 946 600 1682; One tap mobile (301) 715-8592

Cafés Virtuales Para Padres: Miércoles de 7:00-8:30 pm. Regístrese con al menos 24 horas de anticipación: BuildingStrongerFamilies@fairfaxcounty.gov o 703-324-7720

CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder
West Fairfax/Burke CHADD Parent Support Group 1st & 3rd Thur. of each month at 8:00 pm Contact: Cathy, ocgreulich@aol.com

CSB Family Support Group at Gatlan Center 2nd and 4th Wed. of each month 6:00-7:30 pm via Zoom Contact: Samar.Chwairy@fairfaxcounty.gov or call 703-799-2882.

D.A.D.S. Dads Appreciating Down Syndrome 3rd Tue. each month, 7-9 pm via Zoom. Contact: George gbuzby@aol.com or call 703- 545-6089.

Dr. Dan's Support Group for Parents Raising Challenging Children meets via Zoom on Mondays, 1-2 pm, Register: <https://www.parentchildjourney.com/excursions/>

Embark in the DC Metro Parent Support Group is for parents of children and youth with mental health challenges. It meets virtually on alternate Thursdays, noon-1 pm. Register: <https://www.embarkbh.com/event/dc-metro-virtual-parent-support-group/>

Fairfax Juvenile Court Parent Support for problems including runaway behavior, truancy, alcohol/drug abuse, and serious behavioral problems at home, at school, or in the community. Sign up for a phone consultation at <https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile>

Fairfax Kinship Support Group meets virtually on the 1st Thursday monthly at 6:30-8:00 pm. An in-person group meets on the 3rd Thursday monthly at Fairfax County Community Centers at 6:15-8:00 pm. Dinner and childcare are provided. Register: <https://bit.ly/FxKinSupport>

Formed Families Together meets monthly as peer support groups for adoptive, kinship, and foster caregivers and parents. A **Virtual** support group meets the 1st Sunday evening monthly. An **In-Person** support group meets the 3rd Wednesday evening monthly. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

Foster the Family Support Group for foster and adoptive moms meets the 3rd Monday of each month, 6:30-8:00 pm in Falls Church. Childcare is provided. Register: <https://www.fosterthefamilydc.org/supportgroups>

Grupo de educación y apoyo a padres en española se reúne el cuarto sábado de cada mes, de 10 a 11 am en Zoom en <https://us02web.zoom.us/j/9466001682> ID de reunión: 946 600 1682

El Grupo de apoyo ASNV para padres y cuidadores en español se reúne el segundo sábado de cada mes de 1 a 2 pm en ServiceSource, 10467 White Granite Dr. Oakton. Estacione en la parte de atrás. Para obtener más información, envíe un correo electrónico a info@asnv.org

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

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 7:00-7:45 pm Registrarse: <https://xminds.org/event-4522635>

Heads Up and **Talk It Out** — Teen and Parent Recovery Groups
These are concurrent virtual groups for teens (ages 14-17) who are working through emotional, mental health or substance use challenges and their parents every Thursday

6-7 pm. Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

Infinity ABA Parent Connect, for families with a child with autism, meets online on the 2nd Thursday monthly at 7:00-8:30 pm. Guest speakers, discussions, and resources. Register: <https://www.infinityaba.com/events/>

Kinship Café meets online 6:30-8:00 pm the 3rd Thursday of the month for those raising the children of relatives and friends. To attend, call 703-324-7720 or email BuildingStrongerFamilies@fairfaxcounty.gov .

Let's Talk Transitions meets monthly on the 4th Wednesday at 7 pm to discuss their autistic teen's post-high school plans. Register: <https://xminds.org/event-4522626>

Military Families Support Group meets on the 2nd Tuesday monthly at 7-8 pm for military families of all disabled dependents. Access: <https://us02web.zoom.us/j/9466001682#success> OR Email director@asnv.org for details

NAMI: National Alliance on Mental Illness builds better lives for affected families.

Family Support Group for Parents of Youth meets the 1st and 3rd Sundays monthly at 7:00-8:30 pm. Contact: Michelle Best mczero@yahoo.com

NAMI Connection Support Group for Young Adults (18-36) meets on the 3rd Tuesday monthly, 7:30-9:00 pm. Register: email youngadults.nami.nova@gmail.com

NAMI Family Support Group meets on the 1st and 3rd Wednesdays on Zoom for parents of children living with mental health challenges including ADHD, ASD, etc. <https://zoom.us/j/94509229914>

NAMI Parent & Caregiver Support Group meets on the 4th Thursday monthly. Email namicva.org or call 804-285-1749

NOVA Adopt Friends Parent Peer Support Group for adoptive parents meets on the 3rd Thursdays monthly 6:00-7:30 pm. Zoom: <https://us06web.zoom.us/j/5687947368>

OCD Family Support Group meets the 1st Mon. of each month, 7:30 pm. Contact: ela.mike@verizon.net or call 202-215-5859

Parents of Autistic Children (POAC-NOVA) Support Group meets in-person the 1st Saturday monthly at 10:00-11:30 am, 6121 Franconia Rd. Alexandria. RSVP to supportgroup@poac-nova.org

Parents of Autistic Teens meets some Sat. of each month. Contact: Maria Dubuc 703-970-3676 or Admin@ASNV.org

People of the Global Majority is a discussion group for BIPOC parents of children with autism. They meet virtually on the 1st Monday monthly at 7:00-7:45 pm. 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 mojgan.pourmand@eastersealsucp.com health

Transition Parent Support Group is for families whose youth will be aging out (or have aged out) of school. Parents meet on Saturdays, 10 am-noon at 3060 Williams Dr. #300, Fairfax.

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

Virginia Family Network Book Club for parents and caregivers of children living with mental health challenges meets on the 2nd and 4th Thursdays at 7 pm. Contact Nicole Anjum at nanjum@namivirginia.org .

Virginia Family Network Coffee Chat and Self-Care meets monthly on the 3rd Thurs. 9:00-10:30 am to connect and to discuss self-care journeys. Contact Nicole Anjum at nanjum@namivirginia.org

Virginia Family Network Parent Meetup is on the 1st and 3rd Fridays at 8 pm for parents/caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org .