

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/>

July

FCPS Summer Mental Wellness Consultations

45 min. appointments available Mon. Jun. 24, to Fri. Aug. 2,

For Parents of Students

Receive guidance from a school psychologist or social worker on how to support your child's social, emotional, and academic success.

For MS & HS Students

Students can receive guidance and support for anxiety, mood, behavior, school transitions, or peer or family interactions.

Request: <https://docs.google.com/forms/d/e/1FAIpQLSd2sCxLWBN8p4UfKQ8X5PBQyxC5dtlGEgu-NyNtwD6Nqb5k0A/viewform> or Leave a message: 703-503-2520

No-Cost Mental Health Teletherapy for High School Students

Sessions are available for mood/behavior changes, anxiety, peer and family relationships, social skills, bullying, and grief/loss.

Consent: <https://getstarted.hazel.co/district/fcps>

Access: <https://www.fcps.edu/teletherapy?> Or 571-749-2940

Plan Ahead — Camp Arc2Independence — for students with ID/DD age 14+

Mon.-Thu. July 29 to Aug. 2, 10:00 am-12:30 pm, **\$35**

Attendees will receive training with the app and access to lessons for travel, employment, safety, and daily living.

Register: https://forms.zohopublic.com/dmonnig/form/CampArc2IndependenceJuly39Aug2/formperma/Kc1F5qbjG1BQuLS6mshcvGM8MkZK_QHQYla1zlyojyM

Transition University — *Self-Paced Course of 5 Sessions*

Continuing to Mon. Aug. 5, with access 24/7

Learn about the many options to maximize your child's independence and quality of life by the time they age out of school.

Register: <https://peatc.org/event/transition-university-summer-2024/>

Opioid Overdose & Naloxone Education Training

Tue. July 2, 11 am OR other dates & times

Be prepared for an overdose! Learn how to administer naloxone, and what to do afterwards. Receive supplies.

Register: www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive

Transition Lunch & Learn

Wed. July 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://us06web.zoom.us/meeting/register/tZYkdeGsqjsjGtZDQbKjf2WQEKW898amfaai#/registration>

Youth Mental Health First Aid — Course for Adults

Tue. July 9, 9:00 am-3:30 pm, **\$25**

Learn the risk factors and warning signs of mental health challenges in youth, their potential impact, and how to respond.

Register: <https://www.fairfaxcounty.gov/hocode/ereg/Registration.aspx?groupID=47>

School Avoidance & Refusal: Root Causes and Strategies for Parents and Educators

Tue. July 9, 1 pm

Gain an understanding of the symptoms and causes of school avoidance and how to meet the needs of your child.

Register: <https://www.additudemag.com/webinar/school-refusal-avoidance-adhd-students/>

Waiver Q & A — In Spanish

Sesión de Preguntas y Respuestas de las Exenciones

Martes, 9 de julio, 7 pm

Escuche cómo Virginia utiliza las exenciones para financiar servicios para personas con discapacidades. Reciba respuestas a sus preguntas.

Registrarse: <https://us06web.zoom.us/meeting/register/tZcof-CspzsqGN3pbBdaC4noeym6i3rUjxvH#/registration>

Special Education Series

Wednesdays, July 10 to Sep. 4, 6:30-7:30 pm

Learn detailed information about each of the steps of the special education process in Virginia.

Register:

https://us02web.zoom.us/webinar/register/WN_40bKjR9SRU-JnzDi1XiGng#/registration

From Referral to Eligibility: A Deeper Dive

Wed. July 10, 6:30-7:30 pm

Learn about the initial stages of special education in Virginia.

Register: https://us02web.zoom.us/webinar/register/WN_40bKjR9SRU-JnzDi1XiGng#/registration

Building Independence with the TFIL Team

Thu. July 11, noon-1 pm

Learn how the Arc2Independence app can be customized to help your student navigate daily routines and challenges.

Register: <https://us06web.zoom.us/meeting/register/tZMtce6qqD8jHNz6UyPkRgItKT7nmk3ecB6h#/registration>

Talk Saves Lives: An introduction to Suicide Prevention

Thu.. July 11, 7-8 pm

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

Register: <https://ncactsl07112024.attendease.com>

Air Travel Resources

Tue. July 16, noon-2 pm

Learn about disability services provided by various departments in Washington DC, Reagan Airport.

Register: <https://thearcofnova.org/workshops/#qaspan-0709>

College Accommodations for Neurodivergent Students

Wed. July 17, 1 pm, with replay link

Learn about disability laws, services, options, and responsibilities for neurodivergent college students.

Register: <https://www.additudemag.com/webinar/college-accommodations-adhd-neurodivergent-students/>

Brain First Parenting

Thu. July 18, 1:00-2:30 pm, with replay link \$0 with code: BRAIN

Gain effective strategies to support children with brain differences who struggle with neurobehavioral challenges.

Register: <https://adoption-support.org/resource/event/syf-webinar-the-brain-first-approach-to-parenting/>

Women in Tech

July 18, 2:00-2:45 pm

Gain examples of employment coaches and of entrepreneurial women with disabilities who have been successful.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/1673>

Disability Benefits: Virginia's Medicaid Waivers — *For Military Families*

Mon. July 22, 6:30 pm

Gain a basic understanding of Virginia's Medicaid Waivers, eligibility for services, and how to obtain this state benefit.

Register: https://us02web.zoom.us/webinar/register/WN_6_p8i_BTTCuD3hRGEwRo5A?

TFIL Talks: Lessons from Arc2Independence

Tue. July 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>

Anatomy of an IEP

Wed. July 24, 6:30-7:30 pm

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

Register: https://us02web.zoom.us/webinar/register/WN_40bKjR9SRU-JnzDi1XiGng#/registration

Broad Futures Information Session

Thu. July 25, noon

Learn about local internships for neurodivergent high school graduates or rising seniors who are college bound.

Register: <https://us06web.zoom.us/meeting/register/tZ0uc--vrz8pGNLtEWhBXEkx7BugSgsW-hQa#/registration>

Talk Saves Lives: An introduction to Suicide Prevention

Tue. July 28, 4-5 pm

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

Register: <https://ncacts107282024.attendease.com>

Dads Parenting Group — In Spanish

Planifique con anticipación — Grupo de padres para padres

Martes, Sept. 3 a Noviem. 26, 6:30-8:30 pm

Mejore sus habilidades como padre con actividades grupales, debates, comidas, recursos y camaradería.

Registrarse: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement> or Mercedes IAlonzo 703-324-7677

Plan Ahead — Dads Parenting Group

Wednesdays, Sep. 4 to Nov. 27, 6:00-8:30 pm

Buff up your Dad skills with group activities, discussion, meals, resources, and camaraderie.

Register: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement> or Bennie Herron 703-324-7308

Ongoing and On Demand

Camp Jitters Unpacked: A Parent's Guide Using SPACE (*Supportive Parenting for Anxious Childhood Emotions*)

Gain strategies to support your child regarding their anxieties about day camp or overnight camp.

Recording: <https://events.zoom.us/j/ArZ7qBF-0opbov2eeak9anl9lsO6YcS0KR-X9gTYkesckn65WMGN~Aiw9AhM3PQXL4OwmwkKCwoyiP89KZSSgq37mrMnVvuAIP18AwYzxo5QuuA>

National Parks Access Pass

Adults or children with a permanent disability can obtain a lifetime free pass to the national parks.

All 4th Grade students may also get a one-year pass.

Information: <https://www.nps.gov/subjects/accessibility/interagency-access-pass.htm?>

College Partnership Program — For HS Students

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

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

AVID Program in FCPS

Advancement Via Individual Determination (AVID) is available for students with disabilities at some high schools. <https://www.fcps.edu/academics/academic-overview/college-success-program/avid-advancement-individual-determination>

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/>

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.

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/support-education/mental-health-education/nami-basics/>

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-programs/for-families-and-loved-ones/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/>

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

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>

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?>

Support Groups for Parents

AAC Parent Group meets occasionally on Saturdays. Contact: Amanda. amandam@skillbuildersllc.com or 703-941-7757 ext. 316

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

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.

DADS of Special Needs Kids of Any Age meets monthly in the evening during the school year on the 3rd Tue. or Thur. in Falls Church, to eat and talk at a favored restaurant. 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://docs.google.com/forms/d/e/1FAIpQLScwKF1pb7CnnDy-DhQXXAmqq8kqrMLtT4ajtFquXHVYTUpHtg/viewform>

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/FFFkinSG>

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.zeffy.com/en-US/ticketing/9085dfe9-2b13-4683-b28e-492f084a9dc6>

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>

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>

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-5521243>

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 online twice monthly.. 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 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. <https://meet.google.com/dpb-mspb-cid?pli=1>

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, 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 .