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

Plan Ahead — Spring Forward Family Fun Day \$ varies

Sat. May 3, 8:30 am-2:00 pm, 10900 Univ. Blvd. Manassas

Families formed by adoption, foster, or kinship care will have age appropriate fun for kids and expert sessions for parents.

Register **by April 4 for Early Bird prices**: https://www.zeffy.com/en-US/ticketing/2025-spring-forward-foster-adoptive-kinship-family-fun-day

Plan Ahead — Dads Parenting Group

Tuesdays, May 6 to Aug. 4, 6:30-8:30 pm

Hone your Father Skills by meeting with other Dads to focus on self-awareness, self-care, parenting skills, and relationship skills.

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

The Basics of Supported Decision Making

Tue. Apr. 1, noon-1 pm

Learn about this collaborative, empowering process that leverages the strength of the person with a disability and their network while maximizing autonomy.

Register: https://thearcofnova.org/event/the-basics-of-supported-decision-making/

Sibteen — For Siblings in Middle School of a Child with Special Needs

Tue. Apr. 1, 1-4 pm, 12111 Braddock Rd, Fairfax

Siblings enjoy recreational and art-based activities, share experiences, and receive peer support.

Register: https://www.fcps.edu/services/families-and-caregivers/family-resource-center/free-webinars-and-family-events

Hidden Fears, Quiet Shame: Social Anxiety in Middle School to College Students

Wed. Apr. 2, 1 pm, with replay link

Learn how to identify and address the hidden fears and quiet shame common in students with ADHD in grades 6-12.

Register: https://www.additudemag.com/webinar/social-anxiety-children-teens-treatments/?

Building Independence with the TFIL Team

Thu. Apr. 3, noon-1 pm

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

Register: https://thearcofnova.org/event/building-independence-with-the-tfil-team-8/

College Steps Panel — *Manassas & Woodbridge*

Thu. Apr. 3, 6-7 pm

Hear from a panel on the College Steps support process to help neurodiverse students during college at NVCC Manassas or NVCC Woodbridge

Register: https://www.collegesteps.org/calendar-main?

How to Raise a Self-Driven Child

Thu. Apr. 3, 6:30 pm, 4759 Reservoir Road, NW, Wash. DC

Learn how to foster the inner drive all youth need to develop themselves and successful lives, particularly those with disabilities.

Register: https://www.labschool.org/speaker-series-registration

Effective Communication Strategies for A Child with ADHD

Thu. Apr. 3, 7-8 pm

Learn effective ways to help your child manage his or her emotions, follow directions, and build independence.

Register: https://www.rosscenter.com/ross_event/parenting-a-child-with-adhd-effective-communication-strategies/?

Talk Saves Lives: An introduction to Suicide Prevention

Thu. Apr. 3, 7-8 pm, attendees must be age 18 or over

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

Register: https://ncactslo4032025.attendease.com/?

Understand Executive Function Milestones, Challenges, & Implement Effective Strategies at Home for Adolescents in High School

Fri. Apr. 4, 10:00-11:30 am

Discover how to support your child's executive function skills and their learning at home and in school.

Register: https://www.fcps.edu/services/families-and-caregivers/family-resource-center/free-webinars-and-family-events

Wills and Trusts and Powers of Attorney, oh my!

Fri. Apr. 4, 11 am-noon

Clarify the roles of different estate planning tools, when to use them, and how to protect your loved ones.

Register: https://thearcofnova.org/event/wills-and-trusts-and-powers-of-attorney-oh-my/

Safety Fair with Practice Crisis Scenarios

Sat. Apr. 5, 11am - 2:00 pm, 2700 S Lang St. Arlington

Find many resources for families with disabled individuals, and work with first responders to role play a variety of situations,

Register: https://thearcofnova.org/event/safety-fair-with-practice-crisis-scenarios-2/

College Steps at Northern Virginia Community College —

Alexandria

Mon. Apr. 7, 10 am-1 pm, lunch optional, Alexandria Campus

Meet with the program staff to learn about a private mentor-based support program for neurodiverse students at NVCC.

Register: https://www.collegesteps.org/calendar-main?

College Steps at Northern Virginia Community College —

Loudoun

Wed. Apr. 9, 10 am-1 pm, lunch optional, Loudoun Campus

Meet with the program staff to learn about a private mentor-based support program for neurodiverse students at NVCC.

Register: https://www.collegesteps.org/calendar-main?

College Steps Panel — NVCC Manassas & Woodbridge

Wed. Apr. 9, 6:00-7:30 pm

Hear from a panel on the College Steps support process to help neurodiverse students during college at NVCC.

Register: https://www.collegesteps.org/calendar-main?

Special Education Series

Wednesdays, Apr. 9 to June 4, 6:30-7:45 pm

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

Register: https://us02web.zoom.us/webinar/register/WN_94hq66ZTSza_YYu8AxTpRA?

From Referral to Eligibility: A Deeper Dive

Wed. Apr. 9, 6:30-7:45 pm

Learn about the initial stages of special education in Virginia, and how to get it started. Register: https://us02web.zoom.us/webinar/register/WN_94hq66ZTSza_YYu8AxTpRA?

What We Know About Brain Plasticity: Why Effective Teaching Matters

Wed. Apr. 9, 6:30 pm

Register: https://labschool-

org.zoom.us/webinar/register/2217244305831/WN_3iJRdZOyTsa45qkBDunEvw#/regist ration

Meeting of the Advisory Committee for Students with Disabilities (ACSD)

Wed. Apr. 9, 7 pm, 8270 Willow Oaks Corp. Dr. Fairfax, Rm 10008B

Citizens are encouraged to submit public comment on the needs of students with disabilities and how those are being met.

Information: https://www.fcps.edu2committee/advisory-committee-students-disabilities-acsd#meeting-information

Smart but Stuck: How Executive Function Impacts Performance

Thu. Apr. 10, 9-10 am,

Learn how to help your child overcome frustration and build the skills she or he needs to succeed.

Register: https://www.eventbrite.com/e/smart-but-stuck-how-executive-function-impacts-performance-tickets-1292646072199?

Transition Lunch & Learn

Wed. Apr. 10, noon-1 pm

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

Register: https://thearcofnova.org/event/transition-lunch-learn-7/

Dispelling Myths About Supplements for ADHD

Thu. Apr. 10, 1 pm, with replay link

Learn about effective, evidence-based treatment options for ADHD and the research on alternative ADHD interventions.

Register: https://www.additudemag.com/webinar/supplements-for-brain-health-adhd/?

Math Strategies for Students with Significant Cognitive Disabilities

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

Learn about early numeracy objectives, along activities you can do to develop basic math skills at home.

Register: https://www.fcps.edu/services/families-and-caregivers/family-resource-center/free-webinars-and-family-events

Parenting a Child with ADHD: When YOU also have ADHD

Fri. Apr. 11, noon-1 pm

Gain an understanding of the ways to effectively attend to your needs while meeting the needs of your school-aged child.

Register: https://www.rosscenter.com/ross event/parent-and-child-with-adhd/

The Power of Behavioral Parent Training for ADHD

Tue. Apr. 15, 1 pm, with replay link

Learn about the components of behavioral parent training, and how it can help children of all ages.

Register: https://www.additudemag.com/webinar/behavioral-parent-training-adhd/?

Path to Success: An Independent Life — In Spanish

Camino hacia el éxito: Una Vida Independiente -- para padres y adolescentes — en español

Martes, 15 de Abril, 6:00-7:30 pm

Cuando planificar la vida después de la escuela secundaria, es importante pensar en trabajar, aprender y vivir en nuestras comunidades. Todos estos temas influyen en los caminos que una persona puede elegir para alcanzar sus objetivos.

Registrarse: tinyurl.com/ekxupypp

Squared Away 2025

Tuesdays, Apr. 15 to May 6, 6:30-7:30 pm

Military parents of a child with a disability can learn how to participate in your child's special education in Virginia.

Apr. 15, Building Your Child's Team

Apr. 22, How to Communicate with Your Child's School

Apr. 29, Navigating Special Education and Disability Services in VA

May 6, Exploring the Parts of an IEP: An Interactive Activity

Register: https://us02web.zoom.us/webinar/register/WN Voc3sOHdQSqvF9Mznizd5A?

How Your Child with a Disability Can Work and Still Keep Their Social Security and Medicaid

Wed. Apr. 16 OR Thu. May 1, 6:00-7:30 pm

Learn how your child with a disability can benefit by taking advantage of a work incentive program.

Register for Apr.

16: https://us02web.zoom.us/webinar/register/WN_xSf85NmnToGyeiFs6XddfA? Register for May 1: https://peatc.org/event/how-your-child-with-a-disability-can-work-and-still-keep-their-social-security-and-medicaid-2/

Empowering Twice-exceptional Students to Understand the Role of Accommodations in Accessing Learning

Tue. Apr. 22, 10:00-11:30 am

Learn about 504 and IEP accommodations, ways to help your 2e child understand them, and how to effectively use them.

Register: https://www.fcps.edu/services/families-and-caregivers/family-resource-center/free-webinars-and-family-events

Chat with an Attorney about Special Education

Thu. Apr. 23, 9:30 am-3:30 pm

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

Register: https://thearcofnova.org/event/april-chat-with-an-attorney-about-special-education/

Are My Student's ADHD Accommodations in Danger? Fallout from the Department of Education (DoE) Changes

Wed. Apr. 23, 1 pm, with replay link

Learn about the role of the DoE in special education, potential upcoming changes, and how to advocate during these times.

Register: https://www.additudemag.com/webinar/adhd-accommodations-department-of-education-iep-504/?

Anatomy of an IEP

Wed. Apr. 23, 6:30-7:45 pm

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

Register: https://us02web.zoom.us/webinar/register/WN_94hq66ZTSza_YYu8AxTpRA?

L.E.T.S. Save Lives: An introduction to Suicide Prevention — For Black and African American Communities

Thu. Apr. 24, 7-8 pm, open to those age 18 and over

Learn how to recognize common risk factors and warning signs, and learn how to respond in your community.

Register: https://ncaclets04242025.attendease.com/?

The Role of Boundaries in Teen Development

Fri. Apr. 25, 10:00-11:30 am

Learn about the importance of boundaries, model healthy boundaries, and navigate social and digital boundaries.

Register: https://www.fcps.edu/services/families-and-caregivers/family-resource-center/free-webinars-and-family-events

"Solve My Problem!" Q&A Sessions on Living with ADHD

Fri. Apr. 25. 4:00-4:45 pm

A psychologist will answer your questions about living with, and raising kids with ADHD, anxiety, RSD, and more.

Register: https://www.additudemag.com/webinar/adhd-help-live-solve-my-problem/

Fairfax County Unified Response Day: Bridging First Responders All Abilities

Sat. Apr. 26, 10 am-noon, 4600 West Ox Rd. Fairfax

Families with individuals with disabilities can meet, and practice scenarios, with first responders in a low-pressure setting.

Register: https://bit.ly/FFXUnifiedResponseDay2025

Talk Saves Lives: An introduction to Suicide Prevention

Sun. Apr. 27, 4-5 pm, open to attendees age 18 and over

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

Register: https://ncactsl04272025.attendease.com/?

Supporting Student Well-being Through Trauma-Informed Practices & Social and Emotional Learning

Tue. Apr. 29, 7-8 pm

Learn about the impact of stress and trauma on children, and parental and school strategies to strengthen and nurture resilience.

Register: https://bit.ly/FFFTIPwebinar

Youth Mental Health First Aid — Course for Adults

Wed. Apr. 30, 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/hscode/ereg/Registration.aspx?

Plan Ahead — Raising Kids with Big Baffling Behaviors

Tuesdays, Jun. 17 to Aug. 5, 7-9 pm, \$250

The course includes a 100-page workbook and virtual learning and discussion meetings for caregivers of offspring of all ages.

Pre-registration: https://formedfamiliesforward.org/services/parenting-classes/

Ongoing and On Demand

Digital Portfolios for Military Families

These portfolios can make moves easier by organizing medical, educational, financial, legal, state disability services, and emergency services information. https://peatc.org/wp-content/uploads/2022/05/FINAL-PEATC-Military-Portfolio.pdf?

PCSing with an Exceptional Family Member (EFM) Checklist — *for military families* This two page timeline check list facilitates both preparation and arrival tasks. https://peatc.org/wp-content/uploads/2023/04/PCSing-Checklist.pdf?

Guide to Summer Camps 2025

The FCPS Family Resource Center has assembled this guide which provides a large list of general purpose camps as well as individual lists of camps that specialize in particular disabilities. The guide carries NO recommendations or endorsements by FCPS.

Access: https://www.fcps.edu/sites/default/files/media/pdf/SummerCampsGuide%202025.pdf

Learning Your Way — Online Self-Paced Courses

Special Education 101, Trauma Basics, Dispute Resolution, Other Health Impairments: ADHD, FASD, Tourette Syndrome, Kinship Care, Constructive Collaboration, Positive Parenting

Register for access 24/7: https://formedfamiliesforward.org/services/learning-your-way-online-courses/

FCPS Special Education and 504 Newsletter

Sign up at *News You Choose*: https://www.fcps.edu/family-resources/family-communication-resources/news-you-choose

Manifestation Determination Reviews (MDRs) Toolkit

This Toolkit can help a family navigate an MDR process when a student with an IEP is considered for disciplinary action.

Access: https://peatc.org/wp-content/uploads/2024/09/Manifestation-Determination-Review-MDR-Toolkit.pdf

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

The Parent Playbook — 9 Module Online Course on Autism

An introduction to Autism Spectrum Disorder for families, including recommended programs, services, and tips for

caregivers, Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm

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

Learn About Opioid Overdoses and How to Reverse Them

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

NAMI Basics — 6 session course

This course is for adults who 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/

Collaborative & Proactive Solutions — 2 Day Training

Gain an overview of the CPS model including the use of assessments and problem solving. \$179

Register: https://cpsconnection.com/virtual-and-in-person-trainings/

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/

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/

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

Ongoing medical and behavioral health conditions can be included, along with emergency contact information. https://www.fairfaxcounty.gov/911/emergency-health-profile

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

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 autismsoclub@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, inperson 1-2 pm at 10467 White Granite Dr. Oakton. Contact: 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

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

OCD Support Group for Young Adults (ages 18-30), meets monthly on the 1st Monday, 9:30-11:00 pm. Register: bit.ly/4a3PzDc

People First for Young Adults is a social and self-advocacy group for youth with disabilities ages 14-26. It meets monthly (except August) on the 2nd Tuesday, 6:30-7:45 pm. Contact: Diane.Monnig@thearcofnova.org

Stronger Together, a peer support group for youth ages 14-22, meets in Fairfax City, weekly on Wednesdays, 6:00-7:30 pm, January 22 through March 12. Facilitated by professional clinicians.. Light dinner served. Register: https://www.zeffy.com/en-US/ticketing/winter-2025-stronger-together

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 Support Group meets monthly on the 1st Fridays and the 2nd and 4th Tuesdays for Youth (age 18+) to take initiative on conversations and activities about mental health. Register at https://namivirginia.org/calendar/ or contact Miranda at mschnoor@namivirginia.org

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 Saturday of the month, 10:00-11:30 am pm via

Zoom. https://us02web.zoom.us/j/9466001682#success Meeting ID: 946 600 1682; One tap mobile (301) 715-8592 Contact: director@asnv.org

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 meets monthly via Zoom on the 2nd and 4th Wednesdays to support family members of an age 18+ loved one with mental illness. Contact: Ramon.Palazzolo@fairfaxcounty.gov or 571-328-4179.

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 resturant. 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/1FAIpQLScwKFIpb7CnnDy-DhQQXAmqq8kqrMLtT4ajtFquXHVYTUphTg/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 (except July) 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.fosterthefamily.org/locations/dc#support-groups

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

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-5521243

NAMI: National Alliance on Mental Illness builds better lives for affected families. **Family Support Group for Parents of Youth** meets online monthly on the 3rd Monday at 7 pm. Register: bit.ly/PSGArlington Contact: Michelle Best mczero@yahoo.com to arrange to chat when needed.

NOVA Adopt Friends Parent Peer Support Group for adoptive parents meets on the 3rd Thursdays monthly 6:00-7:30

pm. Register: https://adoptionsupport.org/resource/event/for-northern-virginia-families-nova-adopt-friends-virtual-parent-peer-support-group-8/

OCD Family Support Group meets the 1st Monday 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 during the school year on the 1st Saturday monthly at 10:00-11:30 am, usually at 6121 Franconia Rd, Alexandria. RSVP to supportgroup@poac-nova.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

Support Group for LGBTQ+ Families meets on the 3rd Thursday monthly at 7:00-8:30 pm. Facilitated by

professionals. Register: https://adoptionsupport.org/resource/event/an-online-support-group-for-lgbtq-families/

Transition Parent Support Group is for families whose youth will be aging out (or have aged out) of school. Parents meet on a Saturday every other month. Contact: Diane.Monnig@thearcofnova.org