

SPECIAL EDUCATION RESOURCES

The Fairfax County Public Schools (FCPS) Parent Resource Center (PRC) provides resources, information, and consultations to support the success of all students. Confidential consultations, an extensive lending library, and a year-long calendar of workshops are offered for parents, educators, and community members. Contact the PRC by [phone](#), [email](#), or visit us Monday – Friday during the hours of 8:00am-4:00pm at the [Dunn Loring Center for Parent Services](#). Follow us on [Twitter](#), like us on [Facebook](#), and tune into our [You Tube Channel](#) to see some of our recorded workshops. Bookmark our [PRC website](#) to stay up-to-date with all our workshops and resources.

<p>Important Dates: Autism Awareness Day April 2, 2020</p>

Join Us for Our January Workshops:

The IEP Transition Plan: Post-Secondary Planning in Middle and High School

Thursday, January 9, 2020, 10am-12:00pm: Check registration form* for location selections.

Join FCPS Career and Transition Services to learn the importance of the IEP Transition Plan for effective postsecondary planning in middle and high school. Have in-depth conversations with CTS staff, and get answers to these questions:

- What should parents look for?
- What questions should you ask the school team?
- What questions should you ask your son or daughter?
- What role does the IEP play in increasing self-advocacy?
- How do IEP goals support postsecondary planning?

[*Register for The IEP Transition Plan: Post-Secondary Planning in Middle and High School](#)

Mind in the Making Series

- **Session 1: Introduction 1/16/20**
- **Session 2: Focus and Self-Control 1/23/20**
- **Session 3: Perspective Taking 1/30/20**
- **Session 4: Communicating 2/6/20**
- **Session 5: Making Connections 2/13/20**
- **Session 6: Critical Thinking 2/20/20**
- **Session 7: Taking on Challenges 2/27/20**
- **Session 8: Self-Directed, Engaged Learning 3/5/20**

At this workshop you will learn the research behind the Seven Essential Life Skills Every Child Needs. Learn strategies for improving these skills, the importance of them in children's lives, and activities to promote these evidence-based executive functioning skills.

*Registration includes attendance at all sessions 6:30pm-8:30pm.

[Register for the Mind in the Making Series](#)

Bipolar Disorder in Children and Adolescents: Assessment, Treatment and Research Update

Tuesday, January 21, 2020, 10:00am-12:00pm

Join Dr. Lisa M. Cullins, attending physician in the Emotion and Development Branch at the National Institute of Mental Health for this highly informative workshop. She will provide current research on:

- Diagnostic Criteria
- Signs and Symptoms of Bipolar Disorder as manifested in children and adolescents
- Treatment Options, Resources and Collaborations

[Register here for Bipolar Disorder in Children and Adolescents: Assessment, Treatment and Research Update](#)

Calm Conversations with Your Adolescent

Friday, January 24, 2020, 10:00am-12:00pm

As parents of adolescents, we can often find ourselves in the throes of emotion and reactivity; we can say or do things that escalate the situation.

Join Corinne Coppola, M.A., and Well-Being Professional in this important workshop to learn tools to take yourself off of the emotional roller coaster and engage in ways that are helpful and supportive.

- Explore ways to set boundaries that fosters loving and safe communication.
- Learn strategies to feel connected and calm rather than frazzled and overwhelmed.

[Register for Calm Conversations with Your Adolescent](#)

Sibshops

- **Session 2: January 28, 2020 will be held at [Gum Springs Community Center and Providence Community Center](#)**
- **Session 3: March 21, 2020**

An exciting workshop for brothers and sisters of children with special needs!

*Registration must be completed separately for each session.

[Register for Sibshops](#)

Portrait of an ADHD Graduate: Overcoming Obstacles While Optimizing Strengths

Friday, January 31, 2020, 10:00am-12:00pm

This session focuses on ways parents can prepare students diagnosed with ADHD to be successful in the 21st Century workforce.

Topics will include:

- Identifying and building on existing strengths
- Strategies for developing executive functioning skills
- Ways to cultivate emotional intelligence

Presented by: Patricia M. Hudak, PCC, BCC, Certified ADHD/Executive Function Coach at PathFinder Coaching & Tutoring LLC, President-Elect, CHADD Board of Directors.

[Register for Portrait of an ADHD Graduate: Overcoming Obstacles While Optimizing Strengths](#)

[CLICK HERE](#) to preview and register for our February workshops.

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 on a monthly basis. 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.

The ACSD will hold its' next meeting on January 8, 2020, in room 1600 at the Gatehouse Administrative Center located at 8115 Gatehouse Road, Falls Church, VA 22042. Meetings begins promptly at 7 p.m.

Those in need of accommodations for a disability in order to attend or participate in this FCPS activity should call (703) 204-3941, TTY (703) 204-3956. Calls should be made seven days prior to the activity so that appropriate arrangements can be made. Meetings are cancelled if school or evening activities are cancelled due to weather.

For meeting dates, minutes, agendas, or additional information [CLICK HERE](#) to visit the Advisory Committee for Students with Disabilities website.

Best Buddies International

<https://www.bestbuddies.org/>

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 Capital region.

State Headquarters 6231 Leesburg Pike, Suite 310 Falls Church, VA 22044
(703) 533-9420



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 SEPTA can supplement the educational experience for disabled students, families and professionals to support academic and social success. A SEPTA allows for these parents, students and professionals to:

- Connect with and support one another
- Fund, sponsor and provide special trainings, workshops and events unique to special education needs
- 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.

[CLICK HERE](#) and scroll down for a full list of upcoming community events.

The Parent Educational Advocacy Training Center

<http://www.peatc.org/>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities in order 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.

Twice-Exceptional (2e) Handbook

We are pleased to share that the [Twice-Exceptional \(2e\) Learners Handbook and Resources](#) were made available to the public on the FCPS website the first day of school, August 26, 2019. The 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. Please view this brief [video](#) to learn about the contents of the handbook.

For more about FCPS Special Education Instruction [CLICK HERE](#) .