

SPECIAL EDUCATION RESOURCES

Important Notice –

FCPS Distance Learning Plan for Students with Disabilities:

[CLICK HERE](#) and scroll down for message from Assistant Superintendent Teresa Johnson.

The Fairfax County Public Schools (FCPS) Parent Resource Center (PRC)

COVID-19 (Coronavirus) Response Update:

FCPS Parent Resource Center is still available by phone or email during the FCPS shutdown. Please email prc@fcps.edu or call 703.204.3491. We will be checking email and voicemail twice daily and responding within 48 hours. We're here to help, Monday - Friday, 8:00am to 4:00pm.

The Fairfax County Public Schools Parent Resource Center 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 normally offered for parents, educators, and community members. Contact the PRC by [phone](#), [email](#); or when FCPS reopen, 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 [YouTube Channel](#) to see some of our recorded workshops. Bookmark our [PRC website](#) to stay up-to-date with all our workshops and resources.

PLEASE NOTE – Though all regular workshops for the 2019-2020 school year are canceled due to the FCPS shutdown, we *are* currently offering the following *virtual* workshops:

Setting the Stage for Distance Learning Success: A Webinar for PARENTS

Friday, May 1, 2020, 10:00am – 12:00pm.

Transitioning to distance learning can be overwhelming. Join us to learn important strategies to help support your child's learning in elementary, middle, or high school.

Webinar Highlights:

- Setting realistic expectations for this unique time period
- Setting new routines
- Designing organization systems for your home
- Building strategies to support everyone's needs
- Preparing for and addressing challenges as they arise

Presented by Erika Deem and Valerie Eisele, FCPS Parent Resource Center Professionals.

[Register for Setting the Stage for Distance Learning Success: A Webinar for PARENTS](#)

Maintaining Wellness and School Supports During COVID-19: A Webinar for Families

Friday, May 8, 2020, 10:00am – 12:00pm

Maintaining our own mental health and wellness during this time can be challenging, let alone supporting our children and family members. The first step to taking care of our families, is to take care of ourselves.

Webinar Highlights:

- Strategies for maintaining wellness for self and family
- How to talk to my child about COVID-19
- Activities that will foster resilience during this time
- What does stress look like in children?
- Resources to support my child

Presented by Bethany Koszelak, Mental Wellness Specialist for FCPS.

[Register for Maintaining Wellness and School Supports During COVID-19: A Webinar for Families](#)

Motivating Responsible Behavior When Kids Are at Home 24/7: A Webinar for Families

Friday, May 15, 2020, 10:00am to 12:00pm.

In some cases, being home all the time is leading to more connection and positive memories but in many cases, it leads to negative behavior that seems to stick around no matter what you try.

Webinar Highlights:

- Sibling relationships
- Resistance to schoolwork
- Helping around the house – chores

Presented by Parenting Specialist, Rachel Bailey, M.A., CPDPE.

[Register for Motivating Responsible Behavior When Kids Are at Home 24/7: A Webinar for Families](#)

[CLICK HERE](#) to stay informed about future virtual workshops.

The Advisory Committee for Students with Disabilities (ACSD)

COVID-19 (Coronavirus) Response Update:

All FCPS school buildings and administrative offices are closed until further notice.

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.

[CLICK HERE](#) to visit the Advisory Committee for Students with Disabilities website.

Applied Behavior Analysis Program (ABA)

COVID-19 (Coronavirus) Response Update:

All FCPS school buildings and administrative offices are closed until further notice.

The Applied Behavior Analysis Program of FCPS supports the special education instruction of students with autism and related disorders and meets on a monthly basis. 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.



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.

Parent Information Relating to Special Education

The below SEPTA- recommended resources are FREE unless otherwise noted. Registration is required where indicated:

The Fairfax-Falls Church Community Service Board is providing free access to web and mobile tools to support our resilience and well-being. Appropriate for ages 13-adult. Start here:

<https://files.constantcontact.com/bbee573c701/92633049-c14e-4509-8384-f426ebbbf7e7.pdf>

Dr. Dan's Support Group for Parents of Exceptional Kids *Online*

Monday, May 4, 2020, 1:00pm – 2:00pm

This new support group for parents of special needs children and youth will be facilitated by a behavioral pediatrician.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pyh6fa5912327&oseq=&c=&ch=>

Disability Benefits: VA's Medicaid Waivers and Social Security *Webinar*

Monday, May 4, 2020, 7:00pm – 9:00pm

Disability benefits are complicated. Learn about Social Security benefits and VA's Medicaid Waivers; what they are, who is eligible, and how do to apply.

Register: <https://www.eventbrite.com/e/disability-benefits-vas-medicaid-waivers-and-social-security-registration-99076633879?aff=erelpanelorg>

Business Networking Event for Special Needs Parents *Online*

Friday, May 8 & 22, 2020, 9:00am – 10:30am

Connect with fellow special needs parents and business owners; build your referral network and share best practices. Meets every other Friday.

Information: <https://thearcofloudoun.org/networking/>

Managing Stress in Children *Online*

Wednesday, May 27, 2020, 7:00pm – 8:30pm

Learn the signs and symptoms of stress as well as techniques on how to engage in positive ways with your children to avoid stress at home and school.

Register: <https://www.theauburnschool.org/speakerseries>

Transition University – Plan Ahead – Five-Session Self-Paced Course *Online*

Sunday, June 7, 2020, 8:00pm - Monday, July 20, 2020, 4:00pm

Parents/guardians of school-age children can learn how to navigate the transition process to prepare their children for the adult world.

Register: <https://www.eventbrite.com/e/summer-2020-transition-university-virtual-training-registration-80303508957>

An Individualized Approach to Raising Your Challenging Child – Plan Ahead – Nine-Session Self-Paced Course *Online* – \$ Cost varies

Tuesdays beginning June 23, 2020 - August 25, 2020, 7:30pm – 9:00pm

This program is to help parents identify the source of their child's challenging behavior and learn what they can do about it. For parents of children ages 3-12.

Register: <http://www.parentchildjourney.com/journey/>

SEPTA – Recommended Support Groups

The groups listed below are open to newcomers and are free of charge, except where indicated. **Many group offerings have switched to online format.** A diagnosis is not required for participation. 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. Confidentiality is respected.

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

Autism Dads – Meets monthly in Falls Church. Contact: George Buzby at 571.419.1257 or gbuzby@aol.com

CHADD – Children and Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** – Meets fourth Monday of each month at 6:30 pm. Contact Jenny at ADHDParentMountVernon@gmail.com or call 703.472.4678.
- **Burke CHADD Support Group for Parents, Caregivers and Family Members** – Meets last Thursday of the month at 7:00pm. Contact Kim Griffin at kimberlyrgriffin@yahoo.com
- **Loudoun County CHADD Parent Support** – Meets third Tuesday of each month in the morning, Sterling. Contact Bonnie Little, 571.306.2932 or on Facebook [@loudounahdhsupport](https://www.facebook.com/loudounahdhsupport)
- **West Fairfax CHADD Evening Parent Support Group** – Meets third Thursday of each month at 7:30pm. Contact Sharon at clintob@aol.com or 703.716.4646.
- **West Fairfax CHADD Morning Parent Support Group** – Meets first Tuesday of each month at 10:30am. Contact: Sharon clintob@aol.com or 703.716.4646.

CSB Family Support Group – Gatlan Center – Meets second and fourth Wednesday of each month from 6:00pm-8:00pm in Alexandria. Contact Samar.Chwairy@fairfaxcounty.gov or call 703.799.2882.

D.A.D.S. – Dads Appreciating Down Syndrome – Meets third Tuesday of each month from 7:00pm-9:00pm in Alexandria. Contact George Buzby at gbuzby@aol.com or call 703.545.6089.

Fairfax Juvenile Court Parent Support Group – For problems including runaway behavior, truancy, alcohol/drug abuse, and serious behavioral problems at home, school, or in the community. Meets every Tuesday at 7:30pm, Room 201, Fairfax County Courthouse. Contact 703.246.2495.

Kinship Café – Meets the second Wednesday of each month in Fairfax. Register one week in advance by calling 703.246.4653 or online at <https://www.fairfaxcounty.gov/hocode/EReg/Registration.aspx?groupID=27>

Kinship Caregivers Support Group – Meets second and fourth Thursday of each month from 6:30pm – 8:00pm, South County Government Center, Room 220, 8350 Richmond Highway, Alexandria. Register one week in advance at KFI@fairfaxcounty.gov or 703.246.4653.

NAMI: National Alliance on Mental Illness – builds better lives for affected families. Arlington Parent Support Group meets two Sundays per month at 7:00pm-8:30pm. Contact: Naomi 703.862.9588 verdugo.naomi@gmail.com

Northern Virginia Tourette Support Group – Meets the second Sunday of each month at 12:00pm at the Chantilly Public Library. Contact: mark.bramer@gmail.com

OCD Family Support Group – Meets first Monday of each month at 7:30pm. Contact: familygroupocd@verizon.net or call 202.215.5859.

Parents of Autistic Children (POAC) – Meeting times and locations posted at: <https://poac-nova.org/events/>

Parents of Autistic Teens – Meets the second Saturday of each month in Oakton. Contact: Maria Dubuc 703.970.3676 or Admin@ASNV.org

[CLICK HERE](#) and scroll down to view SEPTA's complete list of upcoming events.

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 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](#) .