

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 a.m.-4 p.m. 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:</p> <p>Inclusive Schools Week December 2-6, 2019</p> <p>Autism Awareness Day April 2, 2020</p>

Join Us for Our November Workshops

All workshops are held at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring, VA, unless otherwise noted. **Registration opens one month before each workshop and you may register for workshops [online](#).**

Irritability in Children and Youth: How to Help Children Cope

Sibshops

Session 1 will be held on November 4, 2019 at Gum Springs Community Center and Providence Community Center; Session 2 on January 28, 2020; and Session 3 on 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 Session 1](#)

Raising a Screen Smart Kid: Embrace the Good and Avoid the Bad in the Digital Age

Thursday, November 7, 2019 6:30-8:30 p.m.

For parents who didn't grow up with smartphones but can't let go of them now, expert advice on raising kids in our constantly connected world. This presentation will focus how to help kids navigate friendships, bullying, dating, self-esteem, and more online.

- Using social media to enhance connection with friends and family, instead of following strangers and celebrities
- Finding online support and community for conditions such as depression and eating disorders
- Learning and developing life skills through technology--for example, by problem-solving in online games--while avoiding inappropriate content

Presented by Juliana Miner, public health expert and the creator of the popular blog Rants from Mommyland.

[Register for Raising a Screen Smart Kid: Embrace the Good and Avoid the Bad in a Digital Age](#)

Understanding Autism Spectrum Disorder: Beginning Your Journey

Friday, November 8, 2019, 10:00a.m.- 12:00p.m.

Attend this important workshop, presented by Julia Calhoun and Katie Boxer, FCPS Behavior Intervention Teachers to understand characteristics of Autism Spectrum Disorder.

- Does your child have a new diagnosis?
- Do you suspect your child may have Autism?

Highlights will include:

- Understanding the unique learning styles of students with Autism.
- Effective strategies to use in the home and classroom.
- Examine examples of resources.

[Register for Understanding Autism](#)

Special Education: Understanding the Process and Collaborating with Your School

Wednesday, November 13, 2019, 6:30p.m.-8:30 p.m.

Topics Include:

- What is Special Education?
- How do children qualify for services?
- What is Least Restrictive Environment?
- What is the difference between accommodations and modifications?
- What is an IEP?
- What are the roles and responsibilities of IEP team members?
- How can I work with the school team to develop an IEP?
- How do I advocate for my child at school and in the IEP process?

[Register for Special Education: Understanding the Process and Collaborating with Your School](#)

Building Success in Physical Education

Friday, November 15, 2019, 10:00 a.m.- 12:00 p.m.

Learn fun activities for the whole family to get your child moving while reinforcing a wide range of skills needed to participate in physical education.

You will learn how to:

- Motivate your child to be physically active
- Modify games to enhance success
- Reinforce the adaptive skills students need to be successful in PE:
 - Taking turns and following rules
 - Participating in group games and interacting interact with peers

Presented by Phyllis Orner, FCPS Adapted PE Specialist, Manda Tirado and Christy Stone, FCPS Adapted PE Teachers

[Register for Building Success in Physical Education](#)

Parenting Through Challenging Times: Supporting Your Child Through Life's Ups and Downs

Friday, November 22, 2019, 10:00 a.m.- 12:00p.m.

Transform feelings of being overwhelmed, anxious and stressed to calm, confident and compassionate. Learn tools and techniques to navigate turbulent waters and times of change within your home and family life.

Major Life Changes can make you feel out of control:

- A Job Change/Loss
- A Move
- Divorce/Separation
- Addition of a family member or sibling to the home
- Death
- Mental/physical illness
- Child leaving the home

Presented by Corinne Coppola, M.A., and Well-Being Professional.

[Register for Parenting Through Challenging Times: Supporting Your Child Through Life's Ups and Downs](#)

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

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](#) .