

SPECIAL EDUCATION RESOURCES

For current information about the FCPS Plan for distance learning supports for students with disabilities [CLICK HERE](#).

Virginia Department of Education 2020 Special Education Parent Survey

Your opinion matters! Please complete the Virginia Department of Education (VDOE) survey by December 18, 2020 if your child is provided special education services through an individualized education program (IEP). Families who have more than one child receiving special education services should complete a survey for each child. [CLICK HERE](#) to access the online survey in English. [CLICK HERE](#) to access the survey in Spanish.

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

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 are 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 [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.

Join us for our September virtual workshops:

Survive and Thrive with Virtual Learning: Practical Strategies to Make At-Home Learning Work for You – Tuesday, September 1, 2020, 6:30pm – 8:30pm, Friday, September 11, 2020, 10:00am – 11:30 am

Are you worried about managing your child's virtual schooling this year? Do you hate becoming the "school police" when your child will not focus? Do you have to balance your child's schooling with your own remote workload? We hear you, and we are here to help.

You will learn how to avoid parent-child conflict around academics with practical tips for:

- Establishing routines and expectations that really work
- Creating ideal spaces for virtual learning
- Keeping kids focused while learning online
- Minimizing distractions from video games and other screens
- Getting your own work done at the same time (Yes, it is possible!)

Do not tackle this unusual year without a plan. Instead, join us and feel more prepared and confident for the year ahead, with a toolbox full of practical strategies that work. We cannot wait to see you there! Presented by Ann Dolin, M.Ed., educational consultant and award-winning author. Ann is the President and Director of Educational Connections, Inc.

[Register for Survive and Thrive with Virtual Learning: Practical Strategies to Make At-Home Learning Work for You](#)

Ten Ways to Stop Power Struggles and Start Motivating Your Kids

Friday September 18, 2020, 10:00am – 11:30am and 6:30pm - 8:30pm

Do you need help calming your explosive household? Tired of yelling at, negotiating with and bribing your child? Do you want your child to take responsibility for their schoolwork, chores and attitude? How can you prevent kids who need consistency from falling behind with distance learning models? How are teachers/parents going to keep kids on task without shutting down? It is time to stop the yelling, arguing and power struggles with toddlers and teens.

Celebrate Calm Founder, Kirk Martin, will show you how to create stress-free mornings, school, dinner and bedtime. We promise you will laugh and leave with a dozen practical strategies that really work.

Webinar Highlights:

- Stop Defiance, Disrespect, & Meltdowns
- Get Your Kids to Listen the First Time
- Create Stress-Free Mornings, Homework, & Bedtime
- Get Kids Off Screens Without a Fight
- Motivate Strong-Willed Kids without Crushing Their Spirits
- Prevent kids who need consistency from falling behind with distance learning models.

[Register for 10 Ways to Stop Power Struggles & Start Motivating Your Kids](#)

Encouraging Positive Behaviors at Home Series

Thursday September 24, 2020, 10:00am – 11:30am and 3:00pm – 4:30pm

Setting the Stage for Behavior: Routines, Procedures, & Expectations

- Overview on establishing and maintaining routines, procedures, and expectations.
- Strategies to teach and reinforce routines, procedures, & expectations

Future Sessions –

- October 22, 2020 – Challenging Behaviors Part 1: Prevention Strategies and Teaching Self-Control
- November 19, 2020 – Challenging Behaviors Part 2: ABCs of Behavior & How to Respond
- December 17, 2020 – All Behavior Happens for a Reason: Behavior as Communication
- January 21, 2021 – Strategies for Increasing Replacement Behaviors
- February 18, 2021 – Regaining Control and Teaching your Children to Follow Directions
- March 18, 2021 – Effectively Communicating with Your Child
- April 22, 2021 – Minimizing Prompts and Maximizing Your Child's Independence

[Register for Setting the Stage for Good Behavior: Routines, Procedures, & Expectations](#)

[CLICK HERE](#) to stay informed about future virtual 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. **Next meeting TBA.** Committee members will participate electronically due to the COVID-19 emergency. Members of the public are welcome to attend virtually at <https://www.fcps.edu/streamingmeeting>

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

Applied Behavior Analysis Program (ABA)

The Applied Behavior Analysis Program of FCPS supports the special education instruction of students with autism and related disorders. 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:

Survive and Thrive with Virtual Learning - Practical Strategies

Tuesday, September 1, 2020, 6:30pm – 8:00 pm, *Online*

Learn to avoid parent-child conflict about academics with practical tips for routines that keep kids focused while learning online.

Register: https://docs.google.com/forms/d/e/1FAIpQLScIILpU6WC5B9TqWBpW-wo0KTMlZDuXSHMIuUmt_1lLzGzaig/viewform

Strategies for Improving Dysgraphia in Children with ADHD

Tuesday, September 1, 2020, 1:00 pm, *Webinar with Replay Link*

In addition to impairing handwriting, dysgraphia interferes with academic achievement and self-esteem. In other words, it is much more than messy writing.

Register: <https://www.additudemag.com/webinar/how-to-improve-handwriting/>

Organize Your IEP & 504 Binder

Wednesday, September 2, 2020 7:00 pm

We will cover organizational strategies to help keep track of all your student's IEP and 504 records, from medical information and testing results to correspondence.

Register: <https://www.eventbrite.com/e/organize-your-iep-and-504-binder-tickets-118777168709>

Special Education and IEPs During COVID-19

Thursday, September 3, 2020, 12:00pm – 1:00pm, *Via Zoom*

Learn how communicate with your school and the steps to take to have important discussions about your child's needs at school this fall.

Register: https://docs.google.com/forms/d/e/1FAIpQLSdptfj3618on8q0i9fYixaB_RpEzDAzAV_7vk0D3cDjg58NIw/viewform?

Helping Your Child Learn Healthy Eating Habits

Thursday, September 3, 2020, 7:30pm – 9:00 pm, *Via Zoom w/ Replay Link, \$5-\$35*

After reviewing some background concepts and specific strategies, the group will discuss individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pm6xq23b28937&oseq=&c=&ch=>

Debunking the Myths of Supported Decision-Making and Guardianship

Tuesday, September 8, 2020, 2:00pm

This webinar will describe guardianship and less restrictive decision-making alternatives, as well as help debunk some of the myths that persist.

Register: <https://thearc.org/about-us/webinars/>

Helping Your child with Sleep Problems

Thursday, September 10, 2020, 7:30pm – 9:00 pm, Via Zoom w/ Replay Link, \$5-\$35

After reviewing some background concepts and specific strategies, the group will discuss individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pms54a0c8c16d&oseq=&c=&ch=>

Survive and Thrive with Virtual Learning - Practical Strategies

Friday, September 11, 2020, 10:00am – 11:30 am, Online

Learn how to avoid parent-child conflict around academics this fall with practical tips for routines that help keep kids focused while learning online.

Register: https://docs.google.com/forms/d/e/1FAIpQLScIILpU6WC5B9TqWBpW-wo0KTMIZDuXSHMIuUmt_1lLzGzajg/viewform

Ethical Decision Making in Positive Behavior Support, Part 1

Friday, September 11, 2020, 12:00pm – 1:00pm

Learn how ethics is currently being approached in the field of behavior analysis and how that compares with other historical approaches.

Register: https://zoom.us/webinar/register/WN_i2rfTi3fQzqbW5dyI0w9EA

Una introducción a la prevención del suicidio

Martes, Septiembre 15, 2020, 6:30pm – 8:00pm

Aprenda sobre la prevención del suicidio, incluidos los factores de riesgo, las señales de advertencia y cómo mantenerse a salvo.

Regístrate: <https://ncacts1091520.attendase.com>

Disability Rights and Resources Expo

Wednesday, September 16, 2020, 10:00am – 5:00pm, Online

Will include, “Know Your Rights” workshops on disability benefits, special education, and rehabilitation as well as ways to interact in a virtual exhibit.

Register: <https://www.dlcv.org/event/disability-rights-expo>

Social Emotional Learning for Children with ADHD in Quarantine

Wednesday, September 16, 2020, 1:00pm, w/ Replay Link

Learn strategies to help children feel and show empathy and make and keep positive relationships so that they can be more socially and emotionally competent.

Register: https://goto.webcasts.com/starthere.jsp?ei=1361051&tp_key=5efa7cb133

Autism 101

Thursday, September 17, 2020, 11:00am – 12:00pm

Learn basic information about autism, accepted therapies and interventions, how to access services, and long-term developments.

Register: <https://asnv.nonprofiteasy.net/PublicPages/Event/Details.aspx?eid=34434>

Collaborative & Proactive Solutions – 1-2 Day Training

Thursday and Friday, September 17 and 18, 8:40am – 4:15 pm, \$99-\$159

Gain an overview of the CPS model, along with the nuances of assessment and engaging kids in solving the problems that affect their lives.

Register: <https://www.eventbrite.com/e/collaborative-proactive-solutions-2-day-virtual-training-registration-108761990040>

10 Ways to Stop Power Struggles and Start Motivating Your Kids

Friday, September 18, 2020, 10:00am – 11:30am or 6:30pm – 8:00pm

It is time to stop the power struggles with toddlers and teens. Learn how to create stress-free home life with practical strategies that work.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSeRCwQHVLUFdkeaDeUqlzHFCxpAWzoaUMumevKSy7N Sarkw/viewform>

How to Help Your Elementary School Aged Child with Learning Differences Conquer Distance Learning

Monday, September 21, 2020, 7:00pm – 8:30 pm

This webinar will help parents guide their children to build a toolkit of strategies to make distance learning more effective and less stressful.

Register: <http://bridgestherapyandwellness.com/events/>

Parenting Children of Color with Dr. Jamell White

Wednesday, September 23, 2020, 7:00pm – 8:00pm, Via Zoom, \$20

Learn about and discuss with other parents the unique issues in raising children of color with special needs and the impact of the current race-related events on children.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh7nbhkse626d33a&oseq=&c=&ch=>

Setting the Stage for Good Behavior - Routines, Procedures & Expectations

Thursday, September 24, 2020, 10:00am – 3:00pm

Gain an overview on establishing and maintaining routines, procedures, and expectations, as well as strategies to teach and reinforce these lessons.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSfekSCsrBimWJg->

Helping Children and Adolescents Effectively Deal with Social and Emotional Challenges

Thursday, September 24, 2020, 6:30pm – 9:00pm, Online, \$25

Social skills and emotional regulation CAN be taught. Learn tools to use when children struggle with prosocial skills, motivation, or poor self-esteem.

Register: <https://www.eventbrite.com/e/chesapeake-childrens-conference-september-24-25-registration-90855205365>

NAMI Ending the Silence for Parents & Caregivers

Monday, September 28, 2020, 6:30pm

An educational presentation by a parent, and a hopeful personal story by a young adult who experienced a mental health condition while in school.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh9jhb6g2d883c9c&oseq=&c=&ch=>

Bridging the Distance - Accommodations and Technology for Overcoming Remote Learning

Tuesday, September 29, 2020, 1:00pm, w/ *Replay Link*

Learn about effective accommodations and tech tools to support students with ADHD and learning disabilities for remote learning.

Register: https://goto.webcasts.com/starthere.jsp?ei=1360306&tp_key=d4b32453ed

Plan Ahead - Transition Series 2020, \$25-\$50

Saturday, September 26 & October 17, 2020, 8:30am – 3:00pm, Marymount University

Arlington – Students with developmental disabilities and/or their parents can learn how to plan for the transition to many aspects of life after school.

Register: <https://thearcofnova.org/programs/transition-series/>

Plan Ahead - Parent Child Journey Interactive Zoom Discussion Groups

Beginning October 2020, ten weekly, one-hour meetings on Monday, Wednesday or Thursday,

\$150 – A child behavior expert will lead a discussion and trouble-shoot participants' implementation of the ten course topics.

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

Plan Ahead - Exceptional Parents Book Club

Wednesday, October 7, 2020, 7:30pm – 9:00 pm, Via Zoom

This online book club for parents of exceptional children will be discussing *The Speed of Dark* by Elizabeth Moon. Read now to discuss next month.

Register: <https://guidingexceptionalparents.com/maryland-book-club-registrations/>

Plan Ahead - Fall 2020 Transition University Virtual Training

Sunday, October 11 – Monday, November 23, 2020, 5 Week Online Course

This self-paced course for parents of school aged children with IEPs includes the major topics needed to plan now for their child's future adult life.

Register: <https://bit.ly/2ztNrbN>

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 and confidentiality is respected. 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.

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

Autism Society of Northern Virginia Virtual Support Group – Second and fourth Saturday of the month, 1:00pm – 2:30 pm via Zoom. Meeting ID: 83085728013

Business Networking Event for Special Needs Parents

Alternate Fridays, beginning May 29th and ongoing, 9:00-10:30 am *Via Zoom*. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

CHADD – Children and Adults with Attention Deficit/Hyperactivity Disorder

- **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 morning of each month, Sterling. Contact: Bonnie Little, 571.306.2932 or on Facebook @loudounahdhsupport
- **West Fairfax CHADD Evening Parent Support Group** – Meets third Thursday of each month at 8:00pm. Contact: Cathy, ocgreulich@aol.com
- **West Fairfax CHADD Morning Parent Support Group** – Meets first Tuesday of each month, time TBA. Contact: Cathy, ocgreulich@aol.com

CSB Family Support Group – Gatlan Center – Meets second and fourth Wednesday of each month from 6:00pm-7:30pm via Zoom. 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 via Zoom. Contact George Buzby at gbuzby@aol.com or call 703.545.6089.

Dr. Dan's Support Group for Parents Raising Challenging Children – Meets via Zoom on Mondays, 1:00pm – 2:00pm, Register: www.parentchildjourney.com/journey/

Epilepsy Parent Support Group & Discussion Series – Meets fourth Thursday of each month, 7:00pm -8:30pm. Register: <https://epilepsywdc.org/events/epilepsy-parent-support-group-discussion-series-virtual/>

Fairfax Juvenile Court Parent Support Group – For problems including runaway behavior, truancy, and serious behavioral problems at home, school, or in the community. Sign up for a phone consultation at <https://www.fairfaxcounty.gov/juveniledomesticrelations/juvenile-intake>

Grupo de Chat para Padres: Unete a nuestro nuevo GRUPO DE CHAT mediante la aplicación de WhatsApp y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al GRUPO: <https://bit.ly/2VoU2vw> (Chat Group for Latino Parents: Join our new CHAT GROUP through the WhatsApp application and you will be able to keep up to date with everything that PEATC Latino is doing.)

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: Michelle Best at mczero@yahoo.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-NOVA) Parent Support Group – Meeting times vary.
Contact: Brianne Russel-Morris at administrator@poac-nova.org .

Parent Café (for all Fairfax County parents and guardians) – Meets Via Zoom in English on Monday, 7:45pm – 9:15 pm, and en Español, Miércoles, 7:00pm – 8:30pm. Register at least 24 hours in advance 703-324-7720 or parentingeducation@fairfaxcounty.gov

Parents in a Pandemic – A support group for families of children or young adults with developmental and/or behavioral challenges. Meets Tuesdays, twice monthly, 5:30pm – 6:30pm. Contact Diane Manning at dmonnig@thearcofnova.org .

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

Best Buddies International

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

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

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.

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

The [Twice-Exceptional \(2e\) Learners 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](#) .