

SPECIAL EDUCATION RESOURCES

For current information about the FCPS Plan for Return to School [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 August virtual workshops:

1-2-3 Magic: The 3-Step Discipline for Calm, Effective, and Happy Parenting

*A Webinar for Families, **CURRENTLY FULL: Waitlist only** [1-2-3 Magic: The 3-Step Discipline for Calm, Effective, and Happy Parenting A Webinar for Families](#)*

1-2-3 Magic allows you to get back in charge of your home, enjoy your family again, and help your kids develop their emotional intelligence. In this presentation, you will learn how to set limits for and connect with your children by breaking down the task of parenting into three straightforward steps:

- Get your kids to *STOP* difficult behavior (whining, arguing, tantrums, etc.).
- Get your kids to *START* doing what you want them to do (picking up, going to bed, doing homework, etc.).
- Powerful strategies to reinforce the bond between you and your children.

Presented by Lauren Hawkins and Robin Yuckenberg, FCPS Behavior Intervention Teachers

[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:

Neighborhood Community Services – providing *NCS Connects*, an online resource for youth, teens, and parents this summer. Adapted resources are included at Exploration

Station: <https://www.fairfaxcounty.gov/neighborhood-community-services/ncs-connects>

2020 Special Needs Summer Camp Guide — *with Covid-19 Updates*

Some summer camps are still available for children with special needs. This Guide, compiled by FCPS, includes private camps, in-person and virtual.

Request a copy by email: prc@fcps.edu

FCPS school counselors, psychologists and social workers are available during summer – Any FCPS parent may schedule a 30-minute phone consultation for themselves or their middle or high school student. Consultations will provide support and strategies to students who may be experiencing difficulties with anxiety, mood, behavior, or peer or family interactions.

Register: https://docs.google.com/forms/d/e/1FAIpQLSeFLnv14CZ1Pga7QpeDpxXpKNVM4U8YvJdS08XL9yKEk7fJtA/viewform?utm_name=

Children's Challenging Behaviors — 6-Hour course split into 3 days via Zoom

This is for parents of children and youth with mental health challenges, including ADHD and ASD. Learn when and how to seek help and the ins and outs of special education. Find

parenting strategies and discover community resources. Register: <https://namivirginia.org/for-parents-of-children-and-youth/>

Rev Up Your Child's Executive Functions for a Successful School Year

Tuesday, August 4, 2020, 1:00pm – 2:00pm, Webinar with replay link. Learn practical ways to boost your child's executive functions now as you start the transition back to the school year.

Register: https://goto.webcasts.com/starthere.jsp?ei=1345631&tp_key=c8ae85b162

Helping Siblings Learn to Get Along

Thursday, August 6, 7:30pm – 9:00 pm, Via Zoom with replay link. \$5-\$35

Background concepts and specific strategies will be followed with a group discussion of individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pknp541e20334&oseq=&c=&ch=>

Capacity Building for IEP Teams

Sunday, August 9 – 23, 2020, 3 hours – Available 24/7 Online

Learn practical strategies to help future IEP meetings be more positive, productive, and collaborative for parents and educators.

Register: <https://bit.ly/2yIe0JC>

COVID-19, Parenting and Stress: Self-Care Is Not a Luxury

Wednesday, August 12, 2020, 12:00pm – 1:00pm, Webinar

Learn about the biological reasons that caregivers are fatigued by the pandemic and some practical ways to care for yourself. Register: <http://bridgestherapyandwellness.com/event/covid-19-parenting-and-stress-self-care-is-not-a-luxury-aug-2020/>

Navigating the Life Stages of ADHD: Key Concerns in Diagnosing and Treating Children

Thursday, August 13, 2020, 1:00pm – 2:00pm, Webinar with replay link

Because ADHD is often a complex disorder, this presentation will highlight many aspects that parents should be aware of to help their child thrive.

Register: https://goto.webcasts.com/starthere.jsp?ei=1346574&tp_key=00f987b33b

Children and Violent Play

Thursday, August 13, 2020, 7:30pm – 9:00pm, Via Zoom with replay link. \$5-\$35

Background concepts and specific strategies will be followed with a group discussion of individualized approaches to implementation. Register:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pko3z6a4fee28&oseq=&c=&ch=>

Parenting Children of Color with Dr. Jamell White

Wednesday, August 19, 7:00pm – 8:00pm, Via Zoom. \$20

Join him and other parents to discuss 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=a07eh7nafmj9aca27f0&oseq=&c=&ch=>

Advocacy Afternoon: Advocating for Your Special Needs Student

Wednesday, August 23, 2020, 1:00pm – 2:00pm, Webinar.

Learn tips and tools that will help you be an effective and powerful advocate for your special needs' student.

Register: <https://register.gotowebinar.com/register/4817916323964235536>

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/>

On Demand Resources

Dyslexia & the IEP: How to Make Sure the IEP is in Tip-Top Shape

Webinar On demand, available 24/7: <https://www.youtube.com/watch?v=frehRL58UTs>

NAMI Basics

This 6-session course is for adults who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms (including ADHD and ASD). 99% of participants say they

would recommend the program to others. Register:
<https://publiccourseapi.nami.org/Learner/Login?ReturnUrl=%2F>

The Parent Playbook — 9 Module Online Course on Autism

From the VCU Autism Center for Excellence & Virginia Autism Council. An introduction on Autism Spectrum Disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services.

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

Wrightslaw Special Education Law and Advocacy Training, \$50-90

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>.

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

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: Sharon at clintob@aol.com or 703.716.4646.
- **West Fairfax CHADD Morning Parent Support Group** – Meets first Tuesday of each month, time TBA. 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-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.)

Meditation and Mindfulness: Monday, Tuesday, Thursday & Friday; 12:15pm:
<https://www.si.edu/Events?trumbaEmbed=eventid%3D143846035%26view%3Devent%26-childview%3D>

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 .

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

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](#) .