

Workshops, Training, Online Resources, and Support Groups

(as of 4/30/2018: Listings are Updated Monthly)

The W.T. Woodson PTSO is committed to providing and sharing programs and information to help parents, teachers, and students navigate high school and beyond. The wide range of issues includes but is not limited to: coping with stress; homework resources; special education, ADHD support, technology strategies, mental illness, suicide prevention; drug use, addition and overdose; and underage drinking. Additional information is available at [RESOURCES](#) on the PTSO website. When other events become available they will be posted at:

<https://fairfaxcountysepta.org/upcoming-community-events/>

Of special note is the "Plan D Nova" Website developed by Woodson Senior and Girl Scout Emma Brahme for Northern Virginia teens who suffer from depression: <https://www.plandnova.org/>.
#breakthestigma

All these opportunities are **FREE** unless noted.

In most cases **you must register** if registration information is provided.

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The Art and Science of Talking with Your Kids

Wed, May 2, 7 pm, Temple Rodef Shalom, 2100 Westmorland St. McLean

Learn research-based guidelines that help parents communicate with more warmth, respect, and sincerity to open parent-child relationships.

Register: <https://www.brownpapertickets.com/event/3333541> tickets \$25-\$30

Guardianship and Less Restrictive Alternatives, Part I

Wed. May 2, 6:30-8 pm, T.C. Williams HS Media Ctr. 3330 King St. Alexandria

This two-part workshop will give parents the information they need to figure out the best option for their child. Plan to attend both sessions.

Register by **April 25**: <https://thearcofnova.org/programs/info-referral/calendar/>

Tax Planning for Special Needs Families

Thu. May 3, 10-11 am, Auburn Sch. 3800 Concorde Pkwy. Ste 500, Chantilly

Being the parent of a special needs child can come with significant financial considerations. Learn the tax tips and guidelines you should know.

Register: <https://www.theauburnschool.org/page/153> or 703-793-9353

Suicide Prevention

Thu. May 3, 6:30-8:30 pm, LCPS Admin. Bldg., 2100 Education Ct., Ashburn

This workshop includes research-based principles of suicide prevention, including guidance for parents and LCPS suicide prevention strategies and procedures.

Register: <https://www.lcps.org/Page/179754> or 571-252-6540

Special Needs Legal & Financial Planning Workshop

Thu. May 3, 7-9 pm JCCNV 8900 Little River Tnpk. Fairfax

This workshop will give an overview of financial and legal planning for families with an individual with special needs.

RSVP to Carey at calford@financialguide.com or 703-865-6502

Alternatives to Guardianship and Supported Decision-Making

Fri. May 4, 10 am-noon Arc of NOVA 2755 Hartland Ave. Ste. 200, Falls Church

Learn about guardianship and alternatives to it, including supported decision making, health care directives, and powers of attorney.

Register: <https://thearcofnova.org/programs/info-referral/calendar/>

Parents of Autistic Children Meeting on Social Skills

Sat. May 5, 10 am-1 pm Lutheran Church 6304 Lee Chapel Rd. Burke

After a presentation on cultivating social communication skills in our children, we will have a social hour and refreshments. Request child care by **May 1**.

Register: poac-nova.org/events/event/may-member-meeting-on-social-skills/

Understanding the Eligibility and IEP Process

Mon. May 7, 10-11:30 am, T.C. Williams HS Rm. 134, 3330 King St. Alexandria

This workshop is designed to give parents new to ACPS Special Education services a basic understanding of the Individualized Education Program (IEP) process.

Register by April 30: <https://thearcofnova.org/programs/info-referral/calendar/>

Depression in Children and Adolescents

Tue. May 8, 6:30-8 pm, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring

Learn important information about depression including signs and symptoms, causes, risk factors, treatment options, and available resources.

Register: <https://www.fcps.edu/node/28279> or 703 204-3941

Guardianship and Less Restrictive Alternatives, Part II

Wed. May 9, 6:30-8 pm, T.C. Williams HS Media Ctr. 3330 King St. Alexandria

This two-part workshop will give parents the information they need to figure out the best option for their child. Plan to attend both sessions.

Register by **May 2**: <https://thearcofnova.org/programs/info-referral/calendar/>

Strategies and Supports for Children and Teens with Obsessive Compulsive Disorder (OCD)

Fri. May 11, 10 am-noon, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring

Learn about the uncontrollable thoughts and behaviors that constitute OCD, their causes, treatment options, and parents' role in addressing this condition.

Register: <https://www.fcps.edu/node/28279> or 703-204-3941

Where are You in this Story? Family Identity in Adoption and Foster & Kinship Care -- Family Movie Night

Fri, May 11, 6:00–8:30 pm 4031 University Dr. Fairfax (enter on South St.)

Pizza and salad dinner, followed by a family friendly movie for children and adult discussion of clips from the *This Is Us* television series.

Register: <https://formedfamiliesforward.org> or 703-539-2904

Parenting in a Busy World: Mindfulness Strategies

Thu. May 17, 6:30-8:30 pm, LCPS Admin. Bldg., 2100 Education Ct., Ashburn

Register: <https://www.lcps.org/Page/179754> or 571-252-6540

Screamfree Parenting - Keeping Your Cool Means Taking Care of YOU

Fri. May 18, 10:00 am-12:30 pm PRC 2334 Gallows Rd. Dr 1, Dunn Loring

Learn the tools to stay cool during life's challenging moments, and become the calm, connected parent your child really needs.

Register: <https://www.fcps.edu/node/28279> or 703-204-3941

safeTALK: Suicide Prevention Training

Sat. May 19, 10:00 am - 1:30 pm Argosy U. Rm. 706, 1550 Wilson Blvd, Arlington

This half-day training prepares anyone over the age of 15, to notice and take appropriate action in situations where someone may have thoughts of suicide.

Register: <https://afsp.wufoo.com/forms/k1558es31kvhn9/> **Free**

CEUs available: <https://www.livingworks.net/resources-and-support/continuing-education/> **\$15**

How to Keep Your Child Academically Engaged This Summer Without Fights, Battles, and Tears -- Webinar

Wed. May 30, 12:15-1:00 pm

Register: <https://ectutoring.com/calendar> or 703-934-8282

Support Groups for Youth**Youth and Young Adults: Stronger Together**

Alternate Tuesdays, Oct. 10 through May 2018, 6:30-8:00 pm in Fairfax.

This peer-to-peer support group for youth ages 14 - 22 meets twice a month through May. Parents, caregivers and guardians meet at the same time. Light dinner included.

Register: formedfamiliesforward.org/youth-together-peer-group/ or 703 539-2904

Support Group for High School Students with ADHD meets the 1st Sunday of each month 3:30 - 5:00 pm 4031 Univ. Dr. Fairfax, Enter on South St. No parents!

Call 703-403-3335 to enter building. Contact: coach@BrainRelief.org 703- 641-8940

People First for Young Adults

2nd Tue. monthly, 6:30 - 8:00 pm The Arc , 2755 Hartland Rd Suite 200, Falls Church

Youth with disabilities age 14-26 practice public speaking skills, plan social outings, learn from guests on topics of life skills and advocacy, and do projects to enhance social skills.

Information: Diane Monnig 703 208-1119 x 118

Community of Solutions Helping Teens Cope with Life Stress www.facebook.com/cosdcmetro/

Support Groups for Parents

Alpha Moms This support group for adoptive parents meets monthly in McLean.

Contact: robin4brady@gmail.com

CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder

Alexandria CHADD Parent Support Group 4th Mon. of each month at 6:30 pm

Contact: Jenny ADHDParentMountVernon@gmail.com 703 472-4678

West Fairfax CHADD Parent Support Group 1st & 3rd Tues. of each month at 7:30 pm Contact:

Sharon clintob@aol.com 703 716-4646

CSB Family Support Group at Gatlan Center 2nd and 4th Wed. of each month 6-8 pm in Alexandria Contact: Samar.Chwairy@fairfaxcounty.gov 703-799-2882

D.A.D.S. Dads Appreciating Down Syndrome 3rd Thur. each month, 7-9 pm in Alexandria; and last Wed. of each month in Tysons at 7-9 pm Contact: rich_westhoff@hotmail.com 571-490-1268

Fairfax Juvenile Court Parent Support Group for problems including runaway behavior, truancy, alcohol/drug abuse, and serious behavioral problems at home, at school, or in the community. 7:30 pm every Tues. Room 201.1 Fairfax County Courthouse 703-246-2495

NAMI: National Alliance on Mental Illness builds better lives for affected families.

Arlington Family Support Group meets one Sunday of each month at 7:00-8:30 pm

Contact: Michelle Best mczero@yahoo.com

Fairfax Family Support Group meets on the 2nd Thur. of each month 7:30-9:00 pm

Contact: Heather daviesva@gmail.com or 703-362-4985

OCD Family Support Group 1st Mon. of each month, 7:30 pm

Contact: familygroupocd@verizon.net or 202 215-5859

POAC: Parents of Autistic Children of Northern Virginia

Bimonthly Support Group Contact: Nicole Zupan at nicizupan@gmail.com

Padres de hoy -- Support group in Spanish

Wednesdays, 6:30 - 8 pm Brookside FACE Ctr. 601 Four Mile Run Trail, Alexandria

Call 703-824-6865 to register. Free childcare.

Northern Virginia Tourette Support Group meets the 2nd Sunday of each month at noon at the Chantilly Public Library. Contact: mark.bramer@gmail.com