

Workshops, Training, Online Resources, and Support Groups
(as of 10/1/2017: 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.

The information below is a snapshot of time-sensitive opportunities for this month. When updates are available (usually at or near the beginning of the month), a similar list will be available via the WeMail; the [PARENT RESOURCES](#) page on the PTSO website will be updated as well.

All these opportunities are FREE unless noted.

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

The **FCPS Parent Resource Center (PRC)** helps parents of students with disabilities. It sponsors workshops, has a lending library, and has Parent Liaisons to help parents solve problems.
2334 Gallows Rd. Rm 105, Dunn Loring English: [703 204-3941](tel:7032043941) Espanol: [703 204-3955](tel:7032043955)

Addressing Problem Behaviors: A Successful Team Approach

Mon. Oct. 2, 7:30-9:00 pm McLean Bible Ch. Rm. B, 8925 Leesburg Pike, Vienna

This will cover why problem behaviors occur in children with disabilities; the Functional Behavioral Assessment process; and ways to increase positive replacement behaviors.

RSVP (appreciated, but not required): rosie.oakley@mcleanbible.org

5 Solutions to Common ADHD Social Struggles -- Webinar

Wed. Oct. 4, 3 - 4 pm

Learn how to engage kids in the social skills coaching process that creates a dialogue between parent and child about social dilemmas and leads to improved social skills.

<https://events->

na1.adobeconnect.com/content/connect/c1/2198531628/en/events/event/private/2198531652/2258050324/event_registration.html?sco-id=2363998612&campaign-id=Newsletter& charset =utf-8



Transitioning to Adulthood with ADHD -- First 2 parts of a 4-Webinar Series

Thur. Oct. 5, 8 - 9 pm & Thur. Oct. 26, 8 - 9 pm

Through this series, parents and caregivers will gain tools to support their young adult with ADHD (age 16-21) in the transition to independence.

Register: <https://www.123contactform.com/form-2895186/Transitioning-To-Adulthood-With-ADHD-Part-I>



NAMI Basics -- 6 Week Class

6 Thur. Oct. 5 - Nov. 9, 7-9 pm. Location in Herndon will be shared when you register.

This course is for parents and caregivers of youth under age 18 who have a behavioral, emotional, or mental health condition. Childcare available with registration.

To register, send email to Cheryl : cherstinane@gmail.com with the best phone number to reach you. A facilitator will contact you regarding course registration.

Preparing for College: What ADHD Students Need to Know

Tues. Oct. 10, 7:00 – 8:30 pm

Oakton High School - Lecture Hall 161, 2900 Sutton Road, Vienna

This panel discussion will address various aspects of preparedness for students with ADHD who wish to enter college, and will include a time for questions from the audience.

<https://www.eventbrite.com/e/preparing-for-college-what-adhd-students-need-to-know-tickets-37844146862>

Strategies for Developing Healthy Relationships -- with Webinar option

Thur. Oct. 12, 10 am-noon The Arc of NOVA, 2755 Hartland Rd., Ste 200, Falls Church

This Mason LIFE workshop will provide strategies to help you teach your child how to have healthy relationships with family, friends, acquaintances, helpers, and strangers.

Register: <https://thearcfnova.org/programs/workshops-conferences/>

Collaborative IEP Meetings: Parents as Partners

Fri. Oct. 13, 10 am - noon, Dunn Loring Center 2334 Gallows Rd. Door 1, Dunn Loring

Learn about the IEP process and its components, your role in the IEP meeting, responsibilities of the IEP team members, and planning for your child's IEP meeting.

Register: <https://www.fcps.edu/node/28279>

Navigating the Path to Student Wellness

Sat. Oct. 14, 8:00 am-12:30 pm Riverside HS 19019 Upper Belmont Pl. Leesburg

Louden County Public Schools mental health & wellness conference.

Register: www.navigatethepath.com

Moving on to Life in the Community

Tue. Oct. 17, 6:30-8:45 pm Lake Braddock SS 9200 Burke Lake Rd. Ent.14, Burke

This resource fair is for students requiring supportive employment and community services after graduation. Learn about vocational, residential, and leisure options.

Register: <https://www.fcps.edu/node/28279>

The Social Impact of ADHD

Fri. Oct. 20 10 am - noon Dunn Loring Center 2334 Gallows Rd. Entr. 1 Dunn Loring

Learn strategies to help support your child with ADHD who may struggle in social situations and have difficulty with peer relationships.

Register: <https://www.fcps.edu/node/28279>



FCPS Mental Health and Wellness Conference

Sat. Oct. 21, 8 am to 1:45 pm Fairfax HS, 3501 Rebel Run, Fairfax

This conference includes a keynote speaker, over 50 breakout sessions and an exhibit hall, all focused on PreK - 12 student health and wellness.

Register: <https://www.fcps.edu/mentalhealthwellnessconference>

Stay Connected to Your Teen -- Without Losing Your Cool or Losing Your Mind

Sun. Oct. 22, 2-4 pm, Ravensworth Ch. 5100 Ravensworth Rd. Annandale

Learn strategies for calm, effective parenting, even when your teens and tweens experience intense emotions.

Register: http://www.ravensworthbaptist.org/communication-workshop?utm_source=September+2017+Newsletter&utm_campaign=July+2017+Newsletter&utm_medium=email#register

Postsecondary Education Planning - Coffee and Conversation

Fri. Oct. 24, 9:00 - 10:30 am Dunn Loring Ctr. 2334 Gallows Rd. Entr. 1 Dunn Loring

Learn about disclosure, accessing accommodations, and disability support services to help you help your child with special needs plan postsecondary education.

Register: <https://www.fcps.edu/node/28279>

Dyslexia Open House

Fri. Oct. 27, Dunn Loring Ctr. 2334 Gallows Rd. Entr. 1 Dunn Loring

Register: <https://www.fcps.edu/node/28279>

2e: Twice Exceptional -- Movie Screening

Tue. Nov. 14, 7-9 pm Holiday Inn Arlington 4610 Fairfax Dr, Arlington

This documentary highlights the issues, challenges, and rewards of being, raising, and teaching gifted students who also have learning disabilities. Includes a Q & A.

Buy tickets: <http://withunderstandingcomescalm.com> \$9.50

ADHD and Screen Time: Turning Problems into Solutions

Sat. Oct. 28, 8:30 am - 12:45 pm Commonwealth Acad. 1321 Leslie Ave. Alexandria

This mini-conference includes a keynote followed by three sessions aimed for adults with ADHD, parents of teens with ADHD, and parents of younger children with ADHD.

Register: <https://www.eventbrite.com/e/adhd-and-screen-time-turning-problems-into-solutions-tickets-36520317252> Cost: \$25 - \$40

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, VA 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

JCCNV Special Needs Parent Support Group 1st Wed. each month, 7:00–8:30 pm
Contact: Melissa at MelissaH@jccnv.org Cost: \$15 per meeting.

NAMI: National Alliance on Mental Illness builds better lives for those affected by mental illness.

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

Springfield Family Support Group meets the 4th Thur. of each month 7:00-8:30 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

Support Group for Parents of Struggling to Launch Young Adults
3rd Thursday of every month, 6:00 - 7:30pm
The Thrive Center offices, 6310 Stevens Forest Road, Suite #100, Columbia MD 20146
RSVP to Sara Love at 410.740.3240