

Workshops, Training, Online Resources, and Support Groups

(as of 1/22/2018: 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 Brahmey for Northern Virginia teens who suffer from depression: <https://www.plandnova.org/>.
#breakthestigma

Titles of recent blog articles:

- [Reducing Mental Health Stigma](#)
- [Ways to Prevent Youth Substance Abuse](#)

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 Espanol: 703-204-3955 The PRC *can often provide translation services for their events into Spanish, Arabic, or other languages if you contact them well in advance.*

Upcoming FCPS Resource Center workshops include:

- **Restorative Justice** on Friday, February 2nd
- **Section 504: What Parents Need to Know** on Friday, February 9th
- **Screamfree Parenting - Peace begins with Pause** on Friday, February 23rd

To find out more information and to register for workshops, visit the PRC website at <https://www.fcps.edu/node/28279>.

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

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

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Plan Ahead -- 2018 Youth & Parent Summit Application due March 9, 2018

Event: June 13-15 James Madison University, Harrisonburg, VA

This conference for youth (ages 13-21) and their parents focuses on self-determination skills and issues of importance to youth and young adults with disabilities.

Information: <https://www.imdetermined.org/youth-summit/>

Plan Ahead -- Virginia System of Care Slogan and Logo Contest

Entries due March 1

The Virginia System of Care needs a new slogan and a new logo. Youth contest winners get \$500 towards their education.

Information: <https://formedfamiliesforward.org/images/Virginia-Systems-of-Care-Logo-and-Slogan-Contest.pdf>

Plan ahead -- Cecily's Advocacy Workshop: Unlocking Strategies for Success

Sat. March 3, 8 am-2:30 pm McLean Sch. 8224 Lochinver Ln. Potomac, MD

Choose four topics from among more than a dozen including the fundamental skill of sensing time and the relationship between motivation and executive control.

Early registration (**before Feb 9**) \$50 includes lunch & continental breakfast

<https://www.mcleanschool.org/page/school-life/parent-life/presentations--workshops/save-the-date-cecilys-advocacy-workshop-2017-2018>

Plan Ahead -- Wrightslaw Special Education Law and Advocacy Conference

Thu.-Fri May 3-4, 4:30 pm to 4:30 pm, Comfort Inn Hotel, 4500 Crain Hwy. Bowie, MD

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

Information: <http://www.wrightslaw.com/speak/reg/18.05.md.flyer.pdf>

Register: www.loudvoicestogether.com/events-1.html \$180 includes meal & books

Angst: Raising Awareness Around Anxiety

Thu. Feb. 1, 6-8 pm, Fusion Academy, 333 John Carlyle St. Alexandria

Attend a screening of a film that opens up the conversation about anxiety and provides resources and hope. Stay for a discussion with a mental health professional.

Registration: <https://www.fusionacademy.com/fusion-campus-location/alexandria/upcoming-events/>

See also: angstmovie.com

Diploma Options and Graduation Requirements

Thu. Feb. 1, 6:30—8:30 pm LCPS Adm. Bldg. 21000 Education Ct. Ashburn

Parents of students with IEPs should think ahead to how their student will graduate, including the use of credit accommodations and locally verified credits.

Register: lcps.org/parentresourceservices or 571-252-6540

What is Restorative Justice?

Fri. Feb. 2 10-11:30 am, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring

This workshop will cover how restorative justice is used in FCPS, the benefits of using restorative language, and activities that promote communication.

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

Morning at the Museum -- National Museum of African Art

Sat. Feb 3, 9-10 am, 950 Independence Ave SW, Washington, DC

Early entrance to the Museum and special activities for families with students with cognitive or sensory processing disabilities.

Register: <https://www.eventbrite.com/e/si-morning-at-the-museum-national-museum-of-african-art-tickets-41717656634>

Reducing Anxiety in the Classroom: Tools for Families and Educators

Mon. Feb. 5, 6:30-8 pm, 4031 University Dr. Ste 100, Fairfax (enter on South St.)

Learn parenting tips and suggestions for your child's IEP to help maximize academic success for children impacted by anxiety.

Register: <https://formedfamiliesforward.org>

How to Select the Best Accommodations for Your Child with ADHD - Webinar

Tue. Feb. 6, 2-3 pm

Learn about accommodations that work for ADHD and how to tailor accommodations to the behaviors and needs of your child.

Register: <http://www.chadd.org/Training-Events/Ask-the-Expert.aspx>

Gap Year Fair

Tue. Feb. 6, 6:00 - 8:30 pm, Marshall HS 7731 Leesburg Pike, Falls Church

Following a presentation from 6:00 to 6:45, high school students and parents can view exhibits and talk with gap year program providers, trip leaders, advisors, and alumni.

Register: <https://www.eventbrite.com/e/usa-gap-year-fair-2018-fairfax-va-registration-39195461681>

Dads' Parenting Group - 12 session course

Tue. Feb. 6 - May 1, 6:30-9:00 pm Gum Springs Ctr. 8100 Fordson Rd. Alexandria

Focuses on five characteristics all fathers need to be effective dads: self-awareness; self-care; fathering, parenting, and relationship skills. Includes meals & activities.

Information: Bennie Herron 703 324-7308 or Kimberly Torres 703 324-3064

Fairfax County Parks Spring Adapted Recreation

Tue. Feb. 6 Registration opens

Swimming, gymnastics, yoga, ice skating, Tae Kwon Do, fishing, kayaking.

Information:

http://parktakes.fairfaxcounty.gov/rev1_browserresult.asp?category=9999&desckeyword=adapted&age=9999&match=matchall&Submit=Search

Math Anxiety -- Webinar

Wed. Feb. 7, 12:15-1:00 pm

Register: <http://ectutoring.com/calendar>

Parenting in the Digital Age

Wed. Feb. 7, 7:30-9:00 pm, Lab School, 4759 Reservoir Rd, NW, Washington, DC

Learn how to protect your children by combining basic parental controls with proven behavior techniques to empower them to use technology safely.

Register: <https://www.labschool.org/page/outreach/lecture-series>

Section 504: What Parents Need to Know

Fri. Feb. 9, 10 am-noon, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring

Learn how students with a disability may qualify for a Section 504 Plan based on a federal civil rights law that prohibits discrimination against individuals with a disability.

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

Super Transition Saturday: Planning for Middle Sch., High School and Beyond

Sat. Feb. 10 8:30 am-1:00 pm, Lanier MS, 3801 Jermantown Rd, Door 1, Fairfax

Learn about Career and Transition Services (CTS) programming and course options for students with disabilities. Student/parent panel included. (Snow Date: Feb. 24)

Register: https://docs.google.com/forms/d/e/1FAIpQLScEwIa1c8S_DTPkjPNdI4-dNE517UgIF5qwYFz1x9WaSV8lfQ/viewform

When the Bus Stops Coming

Sat. Feb. 10, 8:30 am-12:30 pm LCPS Admin. Bldg. 21000 Education Ct. Auburn
Plan now for life after high school by learning about Career and Transition Services, DARS Employment Services and parents as case managers.

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

DBT - Help For Self-Destructive Teens \$25

Sat. Feb. 10, 9:00-10:30 am In Step 8500 Executive Park Ave. #204, Fairfax
Learn how teens use self-destructive behavior to manage conflicts and strong emotions; and learn about DBT, a therapy to change this behavior.

Register: http://www.insteppc.com/workshops/dbt-feb20/?utm_source=January+2018+Newsletter&utm_campaign=January+2018+Newsletter&utm_medium=email

Morning at the Museum -- National Zoological Park

Sat. Feb 10, 9-10 am, National Zoo, 3001 Connecticut Ave. Washington, DC
Early entrance to Amazonia and special activities for families with students with cognitive or sensory disabilities. Parking: enter Lot D from Beech Dr. **\$22/car**

Register: <https://www.eventbrite.com/e/si-morning-at-the-museum-national-zoological-park-tickets-41720394824>

REVIVE Trainings

Tue. Feb. 13, 11:30 am Merrifield Ctr. Rm. LL 419, 8221 Willow Oaks Corp. Dr. Fairfax

Wed. Feb. 21, 1 pm Gatlan Ctr. Rm. 168, 8119 Holland Rd. Alexandria

Sun. Feb. 18, 3 pm A New Beginning Gym, 4213 Walney Rd. Chantilly

Learn what to do and not do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies are provided for use when needed.

Info: <https://www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive>

Understanding Evaluations in the Special Education Process

Thu. Feb.15, 7:00 pm Lee HS Lancer Hall, 6540 Franconia Rd. Springfield

This presentation takes participants through the reasons for evaluations, timelines, and special education eligibility meetings, and develops a basic understanding of scores.

Register: <https://fairfaxcountysepta.org/calendar-of-events/>

Employment Opportunities for Individuals with Special Needs

Thu. Feb. 15 7–9pm, JCCNV, 8900 Little River Turnpike, Fairfax

Learn about employers who have employees with special needs, supportive employment organizations and other resources for those seeking employment.

RSVP to Carey: (703) 865-6502 or calford@financialguide.com

Understanding Your Twice Exceptional Child

Fri. Feb.16, 10-11:30 am, The Sycamore Sch. 4600 N. Fairfax Dr. Ste. 300, Arlington

Twice-exceptional children have both disabilities and above average intelligence. Learn how to bring out the best and raise self-esteem for a twice-exceptional child.

Register: <https://thesycamoreschoolva.org/events/twice-exceptional/>

Reducing The Impact Of Anxiety In Our Children

Thu. Feb. 22, 11:45 am-1:15 pm The StudyPro 6849 Old Dominion Dr. #200 McLean

Learn specific skills that parents can use to respond to anxiety in children and teens, and how to teach healthy coping strategies.

Register: <http://thestudypro.com/events-calendar/>

Robinson Secondary School's Partnership Program

Thu. Feb. 22, 7 pm Recital Hall, Robinson SS 5035 Sideburn Rd. Fairfax

Join the Fairfax County Special Ed. PTA Liaisons to learn about an inclusion class and club from a teacher and students at this school.

Contact Joanne at spedliaisons@fairfaxcountysepta.org if you need childcare.

Screamfree Parenting: Peace Begins with Pause

Fri. Feb. 23, 10 am-12:30 pm, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring

Join us for this first workshop in our series of 4 interactive workshops to learn strategies to become the cool, calm, connected parent your child really needs.

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

Morning at the Museum -- Hirshhorn Museum and Sculpture Garden

Sat. Feb 24, 9-10 am, Independence Ave & 7th St SW, Washington, DC

Early entrance to the Museum for families with students with cognitive or sensory processing disabilities. Activities on the 3rd floor.

Register: <https://www.eventbrite.com/e/si-morning-at-the-museum-hirshhorn-museum-and-sculpture-garden-tickets-41722156092>

The Motivation Meltdown: When Parents Care and Kids Don't -- Webinar

Wed. Feb. 28, 12:15-1:00 pm

Register: <http://ectutoring.com/calendar>

IEPs: Knowing Student's Rights and How To Achieve Them (Part II)

Wed. Feb. 28, 7:00-8:30pm. Auburn Sch. 3800 Concorde Pkwy., Ste 500, Chantilly

Learn more about IEP review meetings and student's rights in the IEP process.

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

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

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 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