

Workshops, Training, Online Resources, and Support Groups (as of 11/27/2017: 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)

Social Security: The Application and Appeal Process for SSI and SSDI

Fri. Dec. 1, 10 am – noon Arc of NoVa, 2755 Hartland Rd. Ste. 200, Falls Church

Learn how and when to apply for adult disability (SSI and/or SSDI), what to do if you have to appeal a decision to deny benefits, and how to leverage the benefits.

Register: <https://www.z2systems.com/np/clients/arcofnva/event.jsp?event=4798&>

Webinar option:

<https://cc.readytalk.com/registration/#/?meeting=28lonzbua2ew&campaign=hnyroenmxtss>

Mindfulness and Mingling -- Open House for Formed Families Forward

Fri. Dec. 1, 2 – 4 pm 4031 University Dr. Suite 100, Fairfax (enter on South St.)

Learn more about our free services for foster, kinship, and adoptive families at our holiday open house, as well as a bit on mindfulness and stress reduction.

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

Future Quest: College and Career Conference for Middle and High School Students with Disabilities and Their Families

Sat. Dec. 2, 8 am - 3 pm George Mason University 4400 University Dr. Fairfax

Over 40 workshops and exhibits will provide students of all abilities, and their parents, with valuable information on how to prepare for a successful life after high school.

Register: www.futurequestgmu.org

Taller sobre KEEN Greater DC

Sat. Dec. 2, 10 am - noon PEATC 8003 Forbes Pl. Suite 310, Springfield

Ven a la charla con KEEN Greater DC, y aprende sobre sus programas y actividades para niños y jóvenes con discapacidades.

Registración: Arianna Sweeney 703-923-0010 or sweeney@peatc.org

Dyslexia Simulation

Tue. Dec. 5, 7:30 pm Oakwood School, 7210 Braddock Rd. Annandale

The simulation will be followed by a panel discussion featuring experts in the field.

Register: <https://www.oakwoodschool.com/beyond-academics/oakwood-parent-association/opa-speaker-series>

VDOE Diploma Options & Credit Accommodations Training

Tue. Dec. 5, 7:00 - 8:30 pm PEATC 8003 Forbes Pl. Ste. 310, Springfield,

This training is for parents of students with disabilities who may need modified diplomas, or struggle to pass SOLs to achieve graduation. Advocates are also invited to attend.

Register: <https://www.eventbrite.com/e/vdoe-diploma-optionscredit-accommodations-tickets-40100299074>

Ticket to Work Presentation

Wed, Dec. 6, 10 am - noon Arc of NoVa 2755 Hartland Rd, Ste. 200, Falls Church

The workshop will include an overview of the SSA Disability Programs (SSDI, SSI,); myths & facts about the Ticket to Work Program; and common SSA rules and work incentives.

Register: <https://www.z2systems.com/np/clients/arcofnva/eventRegistration.jsp?event=4850&>

Webinar option: <http://cc.readytalk.com/r/ieom4bj7otb?1510164247156>

Adolescent Anxiety: What It Looks Like and How to Support

Wed. Dec. 6, 7:30 - 9:00 pm Lab School, 4759 Reservoir Rd, NW Washington, DC

Learn how to identify anxiety that is excessive worry (Generalized Anxiety Disorder) and Social Anxiety Disorder, and learn strategies to aid in coping with excessive anxiety.

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

Growth Mindset For Parents – The ‘How To’ Guide

Thu. Dec. 7, 11:45 am-1:15 pm Study Pro 6849 Old Dominion Dr. Ste. 200, McLean

Learn how to build a growth mindset culture at home by gaining tools to help respond to your child's frustration, model optimism, and keep your child's self-esteem strong.

Register: <https://www.eventbrite.com/e/growth-mindset-for-parents-the-how-to-guide-tickets-39832175108>

College Steps at NVCC Annandale and NVCC Louden -- Register by Dec. 8

Thu. Dec. 14, 6 - 7 pm at NVCC Annandale and NVCC Louden

Learn about this nonprofit organization that provides hands-on, personalized support for college/college-bound students living with social or learning challenges, including autism.

Register by Dec. 8: <https://www.eventbrite.com/e/college-steps-nova-annandale-open-house-tickets-39670297929> or

<https://www.eventbrite.com/e/college-steps-nova-loudoun-open-house-tickets-39698854342?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&aff=escb&utm-source=cp&utm-term=listing>

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 Middle School Students with ADHD meets the 1st Sunday of each month 2:00 - 3:00 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

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 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

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