

Workshops, Training, Online Resources, and Support Groups

(as of 2/22/2018: 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

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

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

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Register Now -- FCPS Special Education Conference

Sat. April 21, 8 am - 3 pm Hayfield Secondary School

This conference for parents and teachers includes three breakout sessions, a keynote speaker, and exhibit hall. Choose from over 60 presentations.

<https://www.fcps.edu/resources/family-engagement/parent-resource-center>

Plan Ahead -- Family and Youth Leadership Summit

Sat. Apr. 14, 9:00 am-3:30 pm 1021 Koger Center Blvd, Richmond, VA

This event is to develop youth voice for mental health through knowledge, skills, and networking. Separate tracks for parents, MS students and HS students.

Register by April 6: @ <http://conta.cc/2n4spXV> Stipends available.

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

Mar. 1, 12:15 pm - 1:00 pm

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

Free Technology Tools to Support Students with Dyslexia and Reading Difficulties

Fri. Mar. 2, 10 am-noon, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring

Explore free strategies and resources to support students with reading difficulties in the digital classroom and at home.

Registration: https://docs.google.com/forms/d/e/1FAIpQLScLx8T9UOL444InI1xGQYnLJ_drh35YdtFZMgiB35hnzvdGeA/viewform

Finances Within a Special Needs Trust: Disbursements, Budgets and Actuaries

Fri. Mar. 2, 10am-noon, The Arc of NoVa, 2755 Hartland Rd Suite 200, Falls Church

In this presentation, learn more about the Trust's disbursement process and how to budget money within the Trust using actuaries.

Registration: www.thearcofnovatrust.org.

Cecily's Advocacy Workshop: Unlocking Strategies for Success

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

Choose four from over a dozen presentations including the fundamental skill of sensing time and the relationship between motivation and executive control.

Register: <https://www.mcleanschool.org/page/school-life/parent-life/presentations--workshops/save-the-date-cecily-advocacy-workshop-2017-2018> \$65 w/ meals

Community Conversation: Strengthening Youth Resilience

Mon. Mar. 5, 1-4 pm, FCPS Virginia Hills Center, 6500 Diana Lane, Alexandria

This forum will include information on childhood anxiety, psychological readiness for learning, youth mental wellness, and teen resilience.

Registration: <https://www.fairfaxcounty.gov/community-services-board/news/2018/community-conversation>

Neurofeedback: How Strengthening Brains Can Help Conquer Challenging Thoughts and Behaviors -- Webinar

Mon. March 5, 7 pm

Learn about neurofeedback and its applications with children and youth who struggle with learning, attention, and emotional regulation.

Register: <https://register.gotowebinar.com/register/4852301332751275522>

Creating an ADHD-Friendly Home Environment - Online Course

Wed. Mar. 7 and Wed. Mar. 14, 7-8:30 pm

This two-course series will tackle “Obstacles to Creating an ADHD-Friendly Home Environment” and “Strategies for Creating an ADHD-Friendly Home Environment”.

Registration: <http://www.chadd.org/Training-Events/Event-Details.aspx?MeetingId=%7B6E7951F9-89FC-E711-8EF2-0050569C00A7%7D> Fee: \$49

Deej - Movie Screening

Thu. Mar. 8, 7 pm, Kenmore M.S. Auditorium, 200 S Carlin Springs Rd, Arlington

Please join us for a showing and discussion of Deej, a movie about a nonspeaking young man who dreams of autistic civil rights and goes to college. No registration required.

Introduction to Special Education

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

This orientation is for parents new to special education. Learn about the special education process and available resources.

Registration: https://docs.google.com/forms/d/e/1FAIpQLScrRtzo1r31qxmPt2CXtaxZ3KEPYDmv4RXUyLkjV48f_xmXcA/viewform

Finding Common Ground: Strategies that Work for All Students

Sat. Mar. 10, JHU Montgomery Cnty Campus, 9601 Medical Center Dr, Rockville, MD

During this all-day conference, hear from speakers on executive functioning, learning disabilities, autism and ADHD across the age span from pre-school to young adults.

Registration: <https://www.diamondsintheroughconference.com> Fee: \$95

Ivymount Special Needs Resource Fair

Sun. Mar. 11, noon-3 pm, Ivymount School, 11614 Seven Locks Road, Rockville, MD.

Learn about services and activities for individuals with special needs, including autism. Includes exhibitors and info sessions throughout the afternoon.

Registration: <http://ivymount.ss11.sharpschool.com/cms/one.aspx?pageId=3461785>

An Overview of Section 504 Plans

Mon. Mar. 12, 10:00-11:30 am Room 134, 3801 Braddock Rd. Alexandria,

The goal of this workshop is to help parents understand how a Section 504 Plan can support students with learning differences.

Register: <https://www.acps.k12.va.us/prc>

The Self-Driven Child

Wed. Mar. 14, 7:30-9 pm, Lab School, 4759 Reservoir Rd, NW, Washington, DC

Learn how to foster a strong sense of autonomy or agency in children in order to lower stress and build self-motivation.

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

Understanding Discipline Policies for Individuals with Disabilities

Wed. Mar. 14, 6:30-8 pm, Lyles Crouch Academy, 530 S. St. Asaph St. Alexandria

In this workshop, parents will gain an increased understanding of terminology and discipline policies that impact students with disabilities.

Registration: Contact Janet Reese, janet.reese@acps.k12.va.us or call 703-824-0129

What You Need to Know About Students with ADHD and Anxiety - Webinar

Thu. Mar. 15, 3 pm

ADHD and executive function deficits can lead to increased anxiety in school. In this webinar, you will learn strategies you can use across grade levels.

Registration: <http://www.chadd.org/training-events/Ask-the-Expert.aspx>

Screamfree Parenting: Keeping Your Cool Means Creating Your Space

Fri. Mar. 16, 10 am-12:30 pm, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring

Join us for an interactive workshop to learn strategies to become the cool, calm, connected parent your child really needs.

Register:

<https://docs.google.com/forms/d/e/1FAIpQLSdyEnRwdDXOosixxo54qnPyMbjCjixQ5lv2lTTN2zFGxfY4Tw/viewform>

Wings for All Airport Practice

Sat. Mar. 17, 8 am, Dulles International Airport

Families who have a child with a disability have the opportunity to practice entering the airport, obtaining boarding passes, going through security, and boarding a plane.

Information: <https://thearcofnova.org/programs-services/independent-living/wings-for-all/>

Registration: <https://fs30.formsite.com/wingsforautism/form365/index.html>

Project First Responder

Tue. Mar. 20, 6:30 pm, LCPS Admin. Building, 21000 Education Ct. Ashburn

This program assists first responders, individuals with autism and other developmental delays, and their families to learn how to successfully manage emergency situations.

Registration: <https://www.lcps.org/ParentResourceServices> or 571-252-6540

Morning at the Museum -- US Botanic Garden

Sunday, March 25, 8:30-10:00 am 100 Maryland Ave. SW Washington DC

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

Register: email names of attendees to mnelson@aac.gov or 202-226-1047

Register -- Wrightslaw Special Education Law and Advocacy Conference

Thu. May 3, 4:30-8:30 pm & Fri. May 4, 9 am-4:30 pm, Bowie, MD

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

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

Registration: www.loudvoicestogether.com \$180 includes meal and books

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