

## Workshops, Training, Online Resources, and Support Groups

(as of 4/1/2018: 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.

*When other events become available they will be posted at:*

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

### **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 -- Spanish Only Dads' Parenting Group - 12 session course**

Thu. April 12-June, 6:00-8:30 pm Westlawn ES 3200 Westley Rd, Falls Church

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

Information & Registration: Kimberly Torres 703 324-3064

### **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.

### **Plan Ahead -- 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](http://www.loudvoicestogether.com) **\$180** includes meal and books

### **A Parent's Guide to Evidence-based Treatment**

Wed. Apr. 4, 6:30-8:30 pm LCPS Admin. Bldg. 21000 Education Ct. Ashburn

Learn how to choose the best treatments for anxiety, depression, OCD, eating disorders or self-injury; how to find credentialed providers; and ethical considerations.

Register: <https://www.lcps.org/cms/module/selectsurvey/TakeSurvey.aspx?SurveyID=9061>

**Supporting your Child at School -- 3-Session Webinar Course \$49**

Wed. Apr. 4,11,18, 7:00-8:30 pm

You will learn how ADHD affects your child's learning and how to request support for your child with ADHD at school. Electronic Resource book included.

Register: <http://www.chadd.org/Training-Events/Event-Details.aspx?MeetingId=%7B12C60436-A61C-E811-858C-0050569C00A7%7D>

**It's Time to Get Squared Away: All the Gouge You Need for Your EFM**

Thu.-Fri. Apr. 5-6, 8 am-5 pm Marriott Hotel, 6710 Commerce St. Springfield

Training for active duty members and spouses on special education, PCSing with an IEP, interstate military compact, Medicaid, SSI and related topics.

Register: <https://www.surveymonkey.com/r/5MNS9XP> or 800-869-6782

**The Gift of Failure: How the Best Parents Learn to Let Go**

Thu. Apr. 5, 7 pm Congressional Sch. 3229 Sleepy Hollow Rd. Falls Church

Learn how and why and when to avoid over-parenting and allow for failure to motivate and teach your child important life skills.

Register: <https://www.congressionalschool.org/lahey>.

**Empowerment Through Assistive Technology at Home and in the Workplace**

Fri. Apr. 6, 10 am-noon The Arc of Nova, 2755 Hartland Ave. Ste. 200, Falls Church

Learn how people with disabilities can be empowered to live as independently as possible through state of the art technology.

Register: <https://www.z2systems.com/np/clients/arcofnva/event.jsp?event=4898&>

**Spring Forward Family Fun Day**

Sat. Apr. 7, 9:30 am-3 pm, Providence Community Ctr., 3001 Vaden Dr. Fairfax

This event for families formed by adoption, foster care, or kinship includes games and activities for children and teens, and personal development for caregivers.

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

**Teen Job Fairs**

Sat. April 7, 14, 21, 28 at four different high schools.

Local businesses and agencies will be on hand to offer a range of opportunities including part-time employment, internships, and volunteer work for prospective students

Information & Registration: <https://www.fairfaxcounty.gov/springfield/teenjobfairs>

**JPMF Splash! -- 6 Session Course**

Sat. Apr. 7-May 19, 1-2 pm, Lee District RECenter, 6601 Telegraph Rd, Alexandria

Sat. Apr. 7-May 19, 1:30-2:30 pm Oak Marr RECenter 3200 Jermantown Rd. Oakton

This water skills and safety program teaches people with disabilities to “be safe and have fun in and around the water.”

Info & registration: <https://jpmf.org/programs/jpmf-splash/> \$25 total

**Surprising Connections Between Diet and Behavior**

Mon. Apr. 9, 7:30-9:00 pm McLean Bible Ch. Rm. B, 8925 Leesburg Pk, Vienna

Learn how what children eat can influence their behavior, how to investigate this for your child, and how nutrition therapy might help.

RSVP (not required): [rosie.oakley@mcleanbible.org](mailto:rosie.oakley@mcleanbible.org) or 703-770-2980

### **The Power of West African Drumming for Students with Disabilities -- Webinar**

Tue. Apr. 10, 3 pm–4 pm

Learn about the use and value of West African drumming for young adults with intellectual and developmental disabilities to teach life skills through music.

Register: <http://education.kennedy-center.org/education/vsa/resources/webinars.cfm>

### **The Ins and Outs of Social Security Disability & SSI Benefits, Guardianships and Special Needs Trusts**

Tue. Apr. 10, 6:30-8 pm, Cedar Lane ES, 101 Cedar Ln, SW, Vienna

This presentation provides crucial information for families on these topics.

RSVP: Jennifer Min 703-208-2420

### **Flash Forward! Postsecondary Education and Employment Options**

Tue. Apr. 10, 6:30-8:30 pm, Woodson HS, Door 1, 9525 Main St. Fairfax

Special education students and their parents can explore postsecondary options of supported employment, competitive employment, and postsecondary education.

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

### **Screenagers**

Tue. Apr. 10, 7-9 pm, Cinema Arts Theater, 9650-14 Main St. Fairfax

This documentary explores family struggles over social media, video games, and internet addiction, and it presents approaches to navigating the digital world.

Register: <https://www.fusionacademy.com/fusion-campus-location/tysons-corner/upcoming-events/>

### **Making the Move to Independent Housing for People with Developmental Disabilities, Parts 1 & 2**

Wed. Apr. 11, 6:30-8:00 pm T.C. Williams HS Rotunda 3330 King St, Alexandria

Wed. Apr. 18, 6:30-8:00 pm T.C. Williams HS Rotunda 3330 King St, Alexandria

This two-part workshop will provide information on integrated, independent housing for individuals with developmental disabilities to help families plan ahead.

Register (Part 1 by **April 4**; Part 2 by **April 11**): <https://www.acps.k12.va.us/Page/397>

### **How to Promote the Healthy Use of Technology**

Thu. Apr.12, 11:45 am-1:15 pm, StudyPro, 6849 Old Dominion Dr. #200, McLean

Learn the warning signs of compulsive technology use as well as strategies for promoting the healthy use of technology.

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

### **Unleashing Potential: Giving your Teens more Control Over their Lives**

Thu. Apr.12, 7:00 pm McLean Sch. 8224 Lochinver Ln. Potomac, MD

A crucial link between feeling stressed and low motivation is a low sense of control, or autonomy.

Learn how to support the development of autonomy in your kids.

Register: <https://www.mcleanschool.org/page/Workshop-Signup?cached=false>

### **Collaborative IEP Meetings: Parents as Partners**

Fri. Apr. 13, 10 am-12:30 pm, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring  
Join us to learn more about the IEP process and it's components, your role in the IEP meeting, responsibilities of the IEP team, and planning for your child's IEP meeting.  
Register: <https://www.fcps.edu/node/28279> or 703 204-3941

### **Parents of Autistic Children of Northern Virginia Potluck Meeting**

Sat. Apr. 14, 1-4 pm, Abiding Presence Lutheran Ch. 6304 Lee Chapel Rd. Burke  
Get to know the POAC-NoVA board and goals, and find out about committees needing volunteers.  
Free childcare if registering before April 10.  
Information: <https://poac-nova.org/events/event/april-member-meeting/>

### **Assistive Technology Tools: What Parents Need to Know**

Mon. Apr.16, 10:00-11:30 am TCW HS, Rm.134, 3801 W. Braddock St. Alexandria  
Assistive technology can dramatically increase the success of students with disabilities. This workshop will offer parents an overview of the tools available to students.  
Register by **April 9**: <https://www.acps.k12.va.us/Page/397> or 703-824-0129

### **Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS)**

Wed. Apr. 18, 7-8:30 pm, Auburn Sch. 3800 Concorde Pkwy. Ste. 500, Chantilly  
Learn more about PANDAS, which can result from a strep infection that causes a sudden acute, debilitating onset of intense anxiety, emotional outbursts, or tics.  
Register: <https://www.theauburnschool.org/page/153> or 703-793-9353

### **Enhancing Resilience: Helping our Children Thrive and Be Happy**

Wed. Apr. 18, 7:30-9 pm, Lab Sch. 4759 Reservoir Rd, NW, Wash. DC  
This presentation will describe pertinent research and provide practical strategies for building resilience in families and classrooms.  
Register: <https://www.labschool.org/page/outreach/lecture-series>

### **The Role of Restorative Language in Enhancing Family Connection**

Thu. Apr. 19, 6:30-8:30pm, LCPS Admin. Bldg. 21000 Education Ct., Ashburn  
Register: <https://www.lcps.org/ParentResourceServices> or 571-252-6540

### **Parent Institute Training**

Thr.-Fri. Apr. 19–20, Courtyard Marriott Hotel, 6710 Commerce St. Springfield  
This training is for parents of children in special education. It will offer next steps towards collaborating as parent leaders.  
Contact PEATC at 800-869-6782 or Lakeshia Yancey at [yancey@peatc.org](mailto:yancey@peatc.org)

### **Preparing Students with Learning Differences for College**

Wed. Apr. 25, 6:30-8 pm, TCW Media Center, 3801 W. Braddock Rd. Alexandria  
This workshop will offer strategies to help adapt behaviors and improve executive functions to prepare students for the transition to college.  
Register by **April 18**: <https://www.acps.k12.va.us/prc> or 703-824-0129

### **Introduction to Special Education**

Thu. Apr. 26, 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, all the resources available and have your questions answered.

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

### **Screamfree Parenting: Keeping Your Cool Means Creating Your Space**

Fri. Apr. 27, 10 am-12:30 pm 2334 Gallows Rd. Door 1, Dunn Loring

Join us for this interactive workshop 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

### **Best Buddies Prom**

Fri. Apr. 27, 7:30 pm Reagan Bldg. 1300 Pennsylvania Ave NW, Washington, DC

Local students of all abilities will dance the night away with their Best Buddies while enjoying fantastic music, a photo booth, and delicious appetizers and soft drinks.

Tickets: <https://www.bestbuddies.org/crprom/> \$10 for students

### **Discover NOVA Manassas**

Sat. Apr. 28, 10 am-1 pm Stu. Serv. Ctr. Howsmon Hall, 6901 Sudley Rd. Manassas

Find out how to get started at NVCC Manassas including financial aid, disability services, academic advisors, student life, transfer questions, and a campus tour.

Register: [www.eventbrite.com/e/discover-nova-manassas-tickets-33127831235](http://www.eventbrite.com/e/discover-nova-manassas-tickets-33127831235)

### **Social Media and Emerging Technology Safety**

Sat. Apr. 28, 7-9: pm Fairfax Church of Christ 3901 Rugby Rd. Fairfax

Learn what parents should be aware of spanning from how kids use and are addicted to social media and how predators use social media to target our kids. Includes Q&A.

Register: email [lisa@fxcc.org](mailto:lisa@fxcc.org)

### **Section 504/ADA and Learning Disabilities K-12 Students and Beyond**

Mon. April 30, 9-11 am ASHA National Off. 2200 Research Blvd. Rockville, MD

Learn how students, and parents can utilize Section 504/ADA to access an education, and how the law provides civil rights protections for LD students.

Register by April 23: <https://njcld.files.wordpress.com/2018/03/symp-2018-flyer2.pdf>

## **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/](http://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](mailto: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/cosdemetro/](http://www.facebook.com/cosdemetro/)

### Support Groups for Parents

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

Contact: [robin4brady@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:daviesva@gmail.com) or 703-362-4985

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

Contact: [familygroupocd@verizon.net](mailto: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](mailto: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](mailto:mark.bramer@gmail.com)