

Workshops, Training, Online Resources, and Support Groups

(as of 5/29/2018: 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.

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Special Needs Trusts and ABLE Accounts

Fri, June 1, 10 am–noon The Arc 2755 Hartland Rd Ste. 200, Falls Church

Learn about tax credits and benefits including, but not limited to Livable Homes Tax Credit and Deduction of Tuition as a Medical Expenses.

Register: <https://www.z2systems.com/np/clients/arcofnva/event.jsp?event=4908&>

Internet Safety: Help Kids Navigate Adolescence in the Digital Age

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

Learn about the top internet dangers for teens and seven steps for good digital parenting.

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

Board Games, Pizza Party, and Student Networking

Sun. June 3, 4-6 pm Arlington Mill CC Rm 411, 909 South Dinwiddie St. Arlington

More Than Dyslexics, a student-led group, is sponsoring this board game party for dyslexics and their friends. Bring money for pizza and a favorite board game.

Information: <https://www.morethandyslexics.com/upcoming-events>

REACH: Regional Education Assessment Crisis Services Habilitation -- Webinar

Mon. June 4, 6:30 pm

Learn how the Virginia REACH program serves individuals with developmental and intellectual disabilities to meet crisis support needs.

Register: <https://register.gotowebinar.com/register/5459812295214704897>

Ambassador Training for Students with IDD

Fri. June 8, 8:30 am-2:00 pm Deloitte 1919 N Lynn St, Arlington

In partnership with Deloitte, Best Buddies is sponsoring this public speaking training for students and adults with disabilities.

Register:

<https://docs.google.com/forms/d/e/1FAIpQLScNnfNMHjIS5CfO5e21XIBCoWbHDs3DuhoFWTQvHn2GrTOaQ/viewform>

Mental Health America 2018: Fit for the Future

Thu.-Sat. June 14-16, Hyatt 400 New Jersey Ave. NW Washington, DC

This conference will focus on health for the whole person, making use of tools and resources that benefit minds and bodies together.

Register: www.mentalhealthamerica.net/2018-conference-registration \$35-\$700

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

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