

Workshops, Training, Online Resources, and Support Groups (as of 1/2/2018: 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.

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 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.*

Plan Ahead -- **2018 Fred J. Epstein Youth Achievement Awards**

Application Deadline: Jan. 15

These awards celebrate the outstanding accomplishments of young people with LD and ADHD.

Application: <http://www.smartkidswithld.org/2018-fred-j-epstein-youth-achievement-award/>

Plan Ahead -- 2018 Diamonds in the Rough Conference

Finding Common Ground: Strategies that Work for all Students

Sat. Mar. 10, Johns Hopkins University, Rockville, MD

Early Registration: **before Jan 15** -- \$65

<https://www.diamondsintheroughconference.com>

Plan Ahead -- **Youth Leadership Academy 2018** -- Developing Young Leaders

July 9-12, Virginia State University

Application Deadline: March 16

Information & Application: <https://www.vaboard.org/YLA.htm>

Skill Development for Families with Children with Autism or Related Disorders -- *with Webinar Option*

Thu. Jan. 4, noon-2 pm Arc of Nova, 2755 Hartland Rd. Ste. 200, Falls Church

Learn how to teach pro-social behaviors, providing clear and effective expectations, setting limits and following through with demands.

Register: <https://www.thearcofnova.org/programs/workshops-conferences>

Mindfully Managing Caregiver Stress

Mon. Jan. 8, 6:30-8:00 pm, 4031 University Dr. Suite 100, Fairfax (Enter on South St.)

This workshop will give you proven tools for reducing stress and taking care of yourself while taking care of your family. The presenter also raised a special needs child.

Register: <https://formedfamiliesforward.org>

Tax Tips for Parents of a Child with Special Needs

Mon. Jan. 8, 7:30 - 9 pm, McLean Bible Church, Rm. B, 8925 Leesburg Pk, Vienna

Find out what expenses can be itemized deductions.

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

What Legal Paperwork Do Kinship Caregivers Need?

Tues. Jan. 9, 2 - 4 pm, 4031 University Dr. Fairfax (Enter on South St.)

Find out about school enrollment and other paperwork that kinship (relative) caregivers need for the children in their care.

Register: www.FormedFamiliesForward.org or 703 539-2904

Help Your Child with ADHD and Yourself – Fresh Approaches to Better Parenting

Tue, Jan. 9, 7:00-8:30 pm Sycamore School 4600 Fairfax Dr. Arlington

Gain insight into your own parenting style, and use coaching strategies to identify ways to strengthen your approach to parenting.

Register: <https://www.eventbrite.com/e/help-your-child-with-adhd-and-yourself-fresh-approaches-to-better-parenting-tickets-40946529171>

Mastering the 'Process' of School: How to Help Your Student Who Struggles with Executive Functioning

Wed. Jan. 10, 7:30 - 9 pm, Lab School, 4759 Reservoir Rd, NW, Washington, DC

This presentation will share both an educator's and a parent's perspective on how mastering executive functions creates skills that students will use throughout life.

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

Executive Functioning: Strategies to Help Children Orchestrate their Lives

Fri. Jan. 12, 10 am - Noon, Dunn Loring Ctr. 2334 Gallows Rd. Door 1 Dunn Loring

Learn strategies that build the skills children need to be successful in and out of the classroom. Topics will include organization, planning, time management, and others.

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

Is Your Child a Target of Bullying?

Wed. Jan. 17, 11:30 am - 1 pm, Pentagon Library & Conf. Ctr. Rm. B3, Arlington

Learn how to develop strategies to prevent bullying, talk to your child about bullying, obtain help from professionals, and find out about disability harassment laws.

Register: <https://www.eventbrite.com/e/is-your-child-a-target-of-bullying-tickets-39874798596>

Adolescence and ASD: Executive Function, Self-Awareness and Transition to Adulthood

Wed. Jan. 17, 7:00-8:30 pm, Auburn Sch. 3800 Concorde Pkw. Suite 500, Chantilly

Learn how to help teens increase self-awareness around their own executive functioning, with a focus on the skills necessary for transition to adulthood.

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

How to Help Children Build Self-Esteem (Even in a High-Pressure Culture)

Thu, Jan. 18, 11:45 am-1:15 pm StudyPro 6849 Old Dominion Drive #200 McLean

Learn how act with and to talk to your children in a way that helps them feel "heard," emotionally supported, and worthy -- all keys to healthy self-esteem.

Register: <https://www.eventbrite.com/e/are-we-helping-or-hurting-our-childrens-self-esteem-tickets-41219694215>

Identifying and Treating Anxiety in Children and Teens

Fri. Jan. 19, 10 am-noon, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring

Learn about the biological roots of anxiety in children and teens, and strategies for treating specific anxiety disorders.

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

You're Not the Boss of Me! 10 Secrets to Motivate Strong-Willed Toddlers, Tweens and Teens

Wed. Jan. 24, 7:00-8:30 pm, Dunn Loring Ctr. 2334 Gallows Rd. Door 1, Dunn Loring

Restore calm in your life and your home when you implement the concrete strategies presented at this workshop by Celebrate Calm Founder Kirk Martin and his son Casey.

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

I Have Needs Too! Supporting the Siblings of Children with Special Needs

Wed. Jan. 24, 7:00 - 9:00 pm, Chantilly HS 4201 Stringfellow Rd. Chantilly

Learn about strategies for managing the mixed emotions and increased responsibilities of siblings of children with special needs.

Register: <https://www.eventbrite.com/e/fairfax-county-septa-general-membership-meeting-guest-speaker-melanie-kaplan-tickets-41518522017>

Inclusive Movie Night -- Presumed Competency: Journey of Deej

Sat. Jan. 27, 4:00 - 7:00 pm, Christ Church 7600 Ox Rd. Fairfax Station

This will be a free screening with a follow up discussion of *Deej*, a documentary on six years in the high school and college life of a young nonspeaking man with autism.

Free if you bring one non-perishable food to donate to Food for Others; Register:

<https://www.z2systems.com/np/clients/arcofnva/eventRegistration.jsp?event=4844>

Plan Ahead -- 2018 Cecily's Advocacy Workshop

Unlocking Potential: Strategies for Success

Sat. Mar. 3, 8:00 am - 2:30 pm, McLean Sch. 8224 Lochinver Ln. Potomac, MD

Early registration: **before Feb 9** -- \$50 includes breakfast & lunch

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

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

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