ONLINE SUPPORT GROUPS for families of children with disabilities, mental health conditions and other special needs, Spring and Summer 2020

List compiled by Formed Families Forward

Autism Society of Northern Virginia

Virtual meeting (via ZOOM) of The Autism Partnership (TAP)

HTTPS://ZOOM.US/J/9466001682?STATUS=SUCCESS

ID NUMBER IS 946-6001682

The Arc of Northern Virginia

Virtual support group for families of individuals with developmental disabilities: Parents in a Pandemic, provided by The Arc of Northern Virginia.

This is free, but pre-registration is required. Go to: https://thearcofnova.org/virtual-parent-support-group/

CHADD of Northern Virginia and DC

CHADD is a nonprofit organization that provides information and support to parents of children with attention deficit disorders (ADD), as well as adults with ADD and others dealing with people affected by ADD. There are various online meetings of interest. They can be reached via

https://www.meetup.com/novachadd/

Fairfax County Community Services Board

"Heads Up" and "Talk It Out" - Virtual recovery groups for teens 14-17 and parents, Thursday evenings 6 – 7 PM.

For more information or to get the access code to join the groups, contact Anna Davis, 703-383-8404; https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out

Alexandria City and Fairfax County Department of Family Services (DFS)
Parent Support Line is not a ‘support group’ but can be reached daily from 8 a.m. until 4:30 p.m. for parental questions and support.

Telephone number is: 703-324-7720

**Fairfax County Kinship (Grandparents and other relatives raising children) Family Institute (KFI)**

The KFI hosts several online support groups:

- **Kinship Café** is held the 2nd Wednesday of every month from 6:30 pm until 8:00 pm.
- The North County kinship support group is held on the first Friday of each month from 10-11 am.
- The South County support group meets every other Thursday evening from 6:30 pm-8:00 pm.

You must register for these groups by contacting maryelizabeth.fleming@fairfaxcounty.gov.

**Fairfax County Parenting Education Programs**

Virtual classes offered for parents of children ages 0-4 years, 5-11 years or 12-18 years. Classes meet weekly for 14 sessions from 6-8 p.m. Classes are available in English and Spanish. Contact us by phone at 703-324-7720, or email us at ParentingEducation@fairfaxcounty.gov to register for the next available online session.

**Fairfax County Parent Café**

Connect with other parents to discuss parenting topics such as discipline, self-care, and family rules. Mondays, 7:45-9:15 p.m. Spanish Parent Café offered Wednesdays, 7-8:30 p.m. (starting July 15). To register, email ParentingEducation@fairfaxcounty.gov or call 703-324-7720.

**Fairfax County Father Engagement Parenting Class**

English Online parenting skills for fathers; Mondays, May through August 3.

For further information contact Bennie Herron @ 703-324-7308

Spanish Online Parenting skills for fathers; Wednesdays, April 15 through July 18.

For further information contact Mercedes Alonzo@ 703-324-7677

**National Alliance of Mental Illness (NAMI)**

**NAMI of Virginia**

NAMI Family Support Group For Parents Of Children 17 And Under: First and third Wednesdays of the month, 7:00 pm-8:30 pm
NAMI of Northern Virginia has several online groups.

https://www.nami-northernvirginia.org/virtual-support-groups.html

**Family Virtual Support Groups**: For family members and loved ones (18+) impacted by mental illness

**Arlington Family Groups**

*(Focus: Parents of Young Adults ages 18-30)*
When: 3rd Sunday of each month, 1:00 PM - 3:00 PM
Contact: Naomi Verdugo (703) 862-9588

*(Focus: Parents of Children under age 18)*
When: May 17th, May 31st, June 14th; 7:00pm - 8:30pm
Contact: Michelle Best mczero@yahoo.com

**Burke Family Group**

*(Focus: Families and Friends of Individuals living with a mental health condition)*
When: 2nd and 4th Thursdays of each month; 7:30pm - 9:00pm
Contact: Joe at (703) 477-5532 or joe.naminova@gmail.com

[Click here to join the support group on Zoom]

**Oakton Family Group**

When: 1st Thursday of each month; 7:30pm - 9:00pm
Contact: Joanna Walker at (202) 579-9473 or joanna.naminova@gmail.com

[Click here to join the support group on Zoom]

**Reston Family Group**

When: 3rd Tuesday of each month; 7:00pm - 8:30pm
Contact: Gordon at (703) 901-7649 or gdean@gmail.com

[Click here to join the support group on Zoom]

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**Parent Camp**

A national endeavor via the Department of Education. The Parent Camp team offers a wide array of services and support for you to begin or enhance your family-school-community engagement journey.

Online Sessions are held every Wednesday night 8:00 pm-9:15 pm.

You must pre-register EACH WEEK at: [www.parentcamp.org/vpc-registration](http://www.parentcamp.org/vpc-registration) to select the session which you would like to begin in.
Formed Families Forward’s *Stronger Together* Peer Support groups for parents/caregivers and for youth/young adults age 14-22 return in fall 2020. [https://formedfamiliesforward.org/services/peer-support-groups/](https://formedfamiliesforward.org/services/peer-support-groups/)

July 29, 2020