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mantua pta newsletter

February 8, 2022 | Issue 24

Important Upcoming Dates

February 14 (Monday) - Enrichment registration opens at 9am, 100 Days of School, Valentine's Day.

February 21 (Friday) - No School, Washington's Birthday and Presidents' Day.

Mantua PTA Nominating Committee!

We have an important and impactful opportunity to get involved with our PTA! And it's a quick one! We are already looking ahead and planning for next year. An early step in that process is the nominating committee in charge of finding nominees for the executive board and other committee chairpersons for the 2022-23 school year. Three people serve on the committee this spring from March to May 2022.

If you're willing to help with this important but short-term role, please email Kristina Clarke at president@mantuapta.org Thank you!

Art Supplies Needed

The Mantua Art Department is in need of lots of disinfectant wipes. We are in the midst of painting, clay, and lots of gluing! If you are able to help please have your child bring/deliver to the main office and we will pick up! Thanks for helping us stay clean and tidy in the art rooms!

~Mantua Art Team



Spring Enrichment Registration Begins February 14th!

We are excited to announce a new session of Spring Enrichment classes that will run **March 7th - May 5th**.

Registration begins 9AM on Monday, February 14th and ends at Midnight on Tuesday, February 22nd.

See the following link for schedule, class descriptions, [FAQs](#) and registration information:

<https://www.enrichmentmatters.com/mantua>

Contact enrichment@mantuapta.org with questions.

Woodson Pyramid Stringapalooza 2022 Registration Form

WHO: Elementary Strings Students in the Woodson Pyramid

WHEN: Saturday, February 26, 2022, 12:00-2:45pm

WHERE: Woodson High School

WHAT: Students will have an opportunity to play exciting pieces, learn new musical skills, and meet other strings students in our area. (Lunch will NOT be provided.)

COST: \$10 (includes music & shirt)

Registration ends on Friday, February 11, 2022.

tinyurl.com/stringapalooza22



Computer and Headphone Reminders

All student laptops should be going home each evening and returning to school **daily**. Students should be charging their laptops nightly at home.

All students should be bringing a working pair of headphones to school each day and back home.

Many of the programs used in school require headphones with a microphone as well as programs that are included as part of homework.

Yearbook Sales

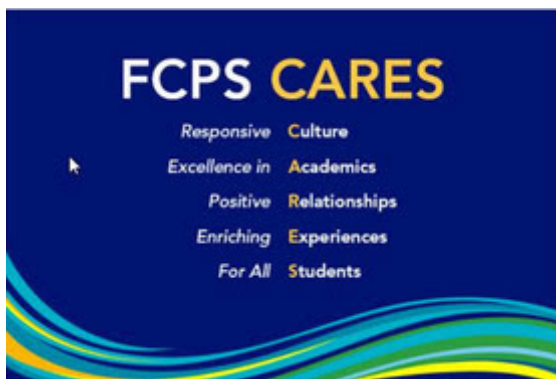
The 2022 yearbook is sold through the company's online portal. The information and link can be found on the [FCPS Mantua school web page](#) and in the All Parent Schoology Course.

The last day to order is **April 15**.



Photo's Needed For Yearbook

Mantua basketball teams, scouts, clubs, etc. who want a photo to be included in the yearbook send a picture to pjdunfee@fcps.edu deadline is **February 15th**. All photos should be taken in landscape orientation and high quality resolution. One photo per team or club only due to space limitations.



Nominate a Staff Member: FCPS CARES

The FCPS CARES Program is an opportunity for parents, staff, and community members to recognize FCPS employees for going above and beyond to help others and show they care. We invite you to submit your story, so we can all acknowledge

the good work of FCPS employees at Mantua Elementary.



Geography Competition

Does your child love geography? If so, consider participating in the Geography Bee, run by International Academic Competitions, which Mantua has registered for. The first step is for your student to take a short online test (by **February 28**). After that, if they qualify, there will be a regional Bee later in the spring.

Email MantuaGeobee@gmail.com for more information. Please note that this first test must be completed 2/28. All students are eligible.

2022-2023 Kindergarten Survey

Mantua ES needs your help in projecting the Kindergarten enrollment for the 2022-2023 school year. Virginia Law, section 22.1-254, requires children who will reach their fifth birthday on or before September 30, 2022, to be enrolled in Kindergarten for the 2022-2023 school year unless the parent or guardian notifies the school in writing that they do not wish the child to attend school until the following year.

If you have a child who will be five years old on or before September 30, 2022, please complete this form and return it **no later than March 31, 2022**. If any of your neighbors have children who will be eligible for Kindergarten, please share this information with them, as we are especially interested in reaching those Mantua families who do not have children currently attending school.

The information on this survey will help the school plan for adequate facilities and personnel for the 2022-2023 school year. **Please email the completed form to Mergie Kakouris at mbkakouris@fcps.edu**. We thank you in advance for returning the form **no later than March 31, 2022**.

Health and Safety Updates

While the Virginia Department of Health shifted the expectation for contact tracing in schools to only on outbreaks, the CDC continues to indicate that contact tracing, in combination with testing, wearing a well-fitting mask, and quarantine and isolation, are effective strategies to identify people with COVID-19 (cases) and to reduce transmission.

FCPS has and continues to implement CDC recommendations, to the greatest extent practicable, to prevent or reduce the spread of COVID-19 in schools and to foster the continuation of in-person learning for students and staff. As a result, FCPS will continue contact tracing until further notice.

The following changes were effective 5:00 p.m. Friday, February 4:

- FCPS Pause (Close Contact) Letter includes quarantine guidance and replaces the FCHD quarantine email to families
- FCPS Student Quarantine Exemption and Attestation Form replaces the FCHD Vaccine Verification Survey (Will be embedded in the FCPS Pause Letter and available on the FCPS webpage, physical copies will be available if needed)

Monitoring COVID-19 cases is critical to maintaining a safe in-person learning environment for all students. Please continue to let us know if your child has tested positive for COVID-19 or may be a close contact. We will work with you through the process to return your child to the classroom as quickly as possible.

COVID Vaccination Status

You may wish to voluntarily share your child's COVID-19 vaccination information with Mantua ES. However, we do not require your child's vaccination information and no school employee will ask for your child's vaccination status. If you would like to provide us with your child's vaccination status, please bring your child's COVID-19 vaccination card or a photocopy of the card to Ms. Kakouris in the front office. COVID-19 vaccination documentation contains Protected Health Information and should not be emailed.



Learn More About Girl Scouts

Join us on **February 24, 6 pm** virtually to learn more about Girls Scouts in the Mantua and Camelot area.

Please see link below to join or contact Michele Randall, mrandall@gscnc.org or call/text: 703-372-4352 for more information.

Hope to see you there!

Join Zoom Meeting - <https://zoom.us/j/99432033583>

Meeting ID: 994 3203 3583

Passcode: 409114

Seventh Grade Immunization Requirements



Effective July 1, 2021 all students entering 7th grade will be required to receive one dose of each of the following immunizations prior to the beginning of school: Tetanus, Diphtheria and Pertussis booster (Tdap) given at age 7 or older, and Meningococcal vaccine (MenACWY) given at age 10 or older. Seventh grade students cannot begin school in August without proper Tdap and Meningococcal documentation.

Acceptable documentation to submit to Mantua ES can be one of the following:

1. An immunization record showing the month, day, and year the immunization(s) was given.
2. A note on a healthcare provider's letterhead stating the month, day, and year the immunization(s) was given.
3. A healthcare provider's written statement of a permanent or temporary medical exemption for a student who cannot receive the immunization due to medical reasons.
4. A notarized Religious Exemption Form, which is available online at: http://www.doe.virginia.gov/support/health_medical/certificate_religious_exemption.pdf

Upcoming Frost MS Events for 6th Grade Families

We apologize that some families were not able to access the live program last night due to an error with the latest link. The presentation was recorded and can be found on our Rising 7th Grade Course Selection website [here](#). On this website you will also find a timeline of events, the course catalog and selection sheet, elective videos, and other helpful resources. Thank you for the fantastic questions that came up last night. We are looking through those submitted on the google form and will be responding either to individuals or through communications to all next week. You can continue to submit your questions [here](#) through February 1st.

Upcoming Evening Events-

- **February 8th at 6:30 PM – Math Curriculum Exploration** – Discussion of specific differences between Math 7 and Math 7 Honors, student readiness and mindset, and the sequence of math courses. This event is virtual <https://frostms.fcps.edu/event/frost-math-curriculum-night-virtual>.
- **February 9th at 6:30 PM – Special Education Parent Orientation** – This is a newly added virtual event and the link will be provided next week.

- **February 16th from 5:30-7:30 – Frost Family Festival** - Please see the attached flyer for information and dinner sales. We look forward to seeing you here at Frost!

FROST FAMILY FESTIVAL IS BACK!

All rising 7th graders and their families are invited to the *Frost Family Festival!* School tours, classroom demos, table displays, and other activities will help provide an excellent glimpse into middle school life. Principal Anthony Harris and his administrative team will be on hand during the evening to answer all your questions. This event is also a fundraiser for the Frost PTA who provides volunteer and financial support for many of the programs at Frost Middle School. One and two-slice pizza meals, including soda and dessert, will be offered in the cafeteria so come for dinner, tour the school and meet with Frost teachers and administrators. **This year we will only be accepting pre-paid orders for meals due to limited space availability during our renovation.** Please see flyer for details. Signups for food donation and helpers for the event will be forthcoming so stay tuned!

All virtual events will be recorded and placed on the website above for those who are unable to attend.

Children Ages 5-11 Now Eligible to VaxUP!

This week marked a pivotal moment in the COVID-19 pandemic. Children ages 5-11 are now eligible for the COVID-19 vaccine. FCPS is collaborating with the Fairfax County Health Department, Inova, and the Virginia Chapter of the American Association of Pediatricians to offer community-wide access to vaccines as soon as possible.



Vaccines are expected to be available at mass vaccination sites really soon. Check with your local pharmacy or pediatrician for appointment availability. Up-to-date information about vaccination opportunities will be available on our website.

In the meantime, you may have questions about the vaccine. We talked with local pediatricians to answer some of the most common questions. First, we asked how the vaccine works and about its safety. Hear what they have to say in this short video.

- **[Return to School - COVID-19 Vaccination for Children Ages 5-11](#)**
- **[Message from the Superintendent](#)**
- **[FCPS Nov. 3 newsletter](#)**

[NEW! 2022-2023 School Year Calendar](#)

Join the PTA!

Please visit our webpage at MantuaPTA.org and click **JOIN PTA NOW!** Dues are \$20 per family and get you discounts on PTA sponsored clubs. Our dues fully support our free programs so that every penny of our fundraisers goes right back into the classrooms. Follow us on Facebook to get the inside scoop on all our events and programs - <https://www.facebook.com/groups/MantuaPTA/> - Can't wait to get started!



Any changes in dismissal transportation need to be requested by emailing the Mantua Attendance (Mantuaelem.attendance@fcps.edu) by 11:00am, so the office has time to relay that change to the classroom teacher. No early dismissals will be permitted after 3:30pm.

How to Submit an Announcement to the PTA News

Please [complete this form](#) to have a Mantua ES- or Mantua PTA-related announcement placed in the weekly Mantua PTA News, on our [Facebook page](#) and/or on MantuaPTA.org.



The form guides you through all the pieces of information we need to put out complete announcements.

Parent Resources and Events

All these opportunities are FREE unless noted.
In most cases you must register if registration information is provided.

Parent Survey on Children's Mental Health Care
Help improve local therapies! Please fill out this survey if your child (age 1-17) is now receiving mental health therapy or counseling in Fairfax County. Gift card.

Survey: https://gmuchss.az1.qualtrics.com/jfe/form/SV_6WmHxDZPRVF5eo6

Accommodations for Summer Camps with Fairfax County Parks
Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training.
To request accommodations, email gary.logue@fairfaxcounty.gov or 703 324-8563
Camp registration: <https://www.fairfaxcounty.gov/parks/camps>

Scholarships for Camps & Classes with Fairfax County Parks
Children of families that receive public assistance (medicaid, free school lunch, SNAP, TANF) are eligible to take one set of classes per quarter for a \$15 registration fee.

Information: <https://www.fairfaxcounty.gov/parks/scholarshipsDisparities>
Diagnoses and Service Access for Black Autistic Youth and their Families
Tue. Feb. 8, 2:00-2:45 pm

Learn about the historical and systemic factors that contribute to these disparities, and the short and long-term implications of them.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/584>

Special Education for Formed Families: Making It Work!

Tue. Feb. 8, 7-8 pm

Learn how to deal with unusual challenges for special education in these families, including delays, trauma, and who's in charge.

Register: <https://formedfamiliesforward.org/event/special-education-for-formed-families-making-it-work-webinar/>

Raising Financially Responsible Kids Today

Tue. Feb. 8, 7:00-8:30 pm

Come discuss ways to encourage your kids to adopt healthy financial habits that will serve them well in life.

Register: <https://thesycamoreschoolva.org/events/raising-financially-responsible-kids-today/#mec-events-meta-group-booking-1627>

Understanding Extended School Year Services (ESY)

Wed. Feb. 9, 6:30-7:30 pm

Gain information on how to navigate ESY roadblocks while advocating for services.

Register: <https://autismfirstus.com/events/>

I'm Determined

& Future Planning for Elementary and Middle School Students with Disabilities

Wed. Feb 9, 6:30-8:30 pm

Learn how to use the I'm Determined program to guide your child to develop self-advocacy skills from an early age.

Register: https://docs.google.com/forms/d/e/1FAIpQLSeDaIP18aPBkHr5lc9MHgDt_mqXY0gbdYankZKFeHesjaTirA/viewform

Motivating an "Unmotivated" Child or Teen with ADHD

Wed. Feb. 9, 7 pm, with replay link

Learn the reasons why your child struggles with motivation, and parenting strategies that you can use to support your child.

Register: <https://register.gotowebinar.com/register/4692312525651748367>

achievement.

Register: <https://bit.ly/3phygsb>

Communication: A Foundation for Independence

Wed. Feb 16, 7:00-8:30 pm

For parents of students in preschool autism classrooms (PAC), Enhanced Autism Classrooms (EAC) and CAT B secondary classrooms.

Register: Contact Liane Sprunk (571) 423-4110 or lsprunk@fcps.edu

Raising Resilience: Helping Our Children and Ourselves Bounce Back

Wed. Feb 16, 7:00-8:30 pm

This presentation will provide practical suggestions and strategies for building resilience in children, teens, and their families.

Register: <https://labschool-org.zoom.us/j/4516279324838>/WN_ipmkOINBSq6o4yCsx_0twg

Spotlight on Therapeutic Recreation

Thu. Feb. 17, noon-1 pm

Learn about therapeutic recreation programs offered in Arlington, Fairfax, and Loudoun Counties and how to participate.

Register: <https://us06web.zoom.us/j/4516279324838>/yfPRA0TRTEejrUNAeuksPw

The Seven Core Issues in Adoption and The Multi-Racial Family

Thu. Feb. 17, 1:00-2:30 pm, with extended access \$0-\$15

This look at transracial adoption will include the roles that racism, white supremacy, and social injustice play in parenting.

Register: <https://adoptionssupport.org/event/syf-webinar-the-seven-core-issues-and-the-multi-racial-family/>

REVIVE! Training

Fri. Feb. 18, 10-11 am

Learn what to do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies may be provided.

Register: www.fairfaxcounty.gov/community-services-board/heroin-opeoids/revive

Insights Into the ADHD Brain That Transform Lives

Tue. Feb. 22, 1-2 pm, with replay link

Learn tips and strategies to help avoid ADHD problems and how to analyze problems to devise work arounds.

Register: <https://www.additudemag.com/webinar/adhd-brain-insights-transform-lives/>

Identifying and Reflecting on Bias in Policy

Tue. Feb. 22, 2:00-2:45 pm,

Learn about four types of bias, language that can be rooted in bias, and how it may impact access to services.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/591>

Accessing Special Education: Evaluation and Eligibility Basics

Tue. Feb. 22, 7-8 pm

Learn how to initiate an evaluation; what it entails; timelines to conduct an evaluation; and pros and cons of disability labels.

Register: <https://attendee.gotowebinar.com/register/1699024060493668367>

REVIVE! Training

Tue. Jan. 22, 1-2 pm

Learn what to do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies may be provided.

Register: www.fairfaxcounty.gov/community-services-board/heroin-opeioids/revive

Augmentative and Alternative Communication (AAC)

Wed. Feb. 23, 2-3 pm

Learn what AAC is, who this communication option is appropriate for, the various types of AAC, and the long-term goals and outcomes.

Register: <https://autismfirstus.com/events/>

Decoding the Alphabet Soup: Helpful Tips for Parents of LGBTQ+ Students

Wed. Feb. 23, 7:00-8:30 pm

This is a crash course on LGBTQ+ terminology, orientations, identities, and how best to support children as they explore their sexuality.

Register: <https://thesycamoreschoolva.org/events/decoding-the-alphabet-soup-helpful-tips-for-parents-of-lgbtq-students/>

Ten Things to Know about IEPs — In Spanish

Diez cosas que necesita saber sobre los IEPs

Mie. 23 de Feb. 7-8 pm

¡Conocer estas diez cosas sobre los IEP le permitirá hacer su trabajo para ayudar a escribir el IEP de su hijo!

Registrarse: <https://peatc.org/event/diez-cosas-que-necesita-saber-sobre-los-ieps/>

Caregiver Night Out

Thu. Feb. 24, 6:30-9:00 pm \$\$

Respite care for children with ID/DD will be provided by ABA providers.

Register: 703-857-2157 x 501 or jmcdonald@thearcofloudoun.org

REVIVE! Training

Sat. Feb. 26, 9-10 am

Learn what to do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies may be provided.

Register: www.fairfaxcounty.gov/community-services-board/heroin-opeioids/revive

QPR Suicide Prevention Training

Tue. Feb. 22, 6:30-8:00 pm

Learn to recognize the warning signs, how to intervene, and where to refer someone who is in crisis. QPR = Question, Persuade, Refer

Register: https://us06web.zoom.us/meeting/register/tZwrde6rqTwvH9PiOZuL6RrcAia_AvJWLaap

Bullying in the Digital Era

Fri. Feb. 25, 12:30-2:00 pm. \$10-\$35

Gain an understanding of what cyber bullying looks like, and learn parenting strategies and skills to help your child if victimized.

Register: <https://www.rosscenter.com/event/bullying-in-the-digital-era/>

All About Augmentative and Alternative Communication (AAC)

Sat. Feb. 26, 1 pm

A panel of parents, whose child uses an AAC device, will discuss types of AAC, their use at school, what to advocate for, and current legislation.

Register: <https://poac-nova.org/events/>

Growth Mindset to Push Through Frustration — for 4th & 5th graders

Sat. Feb. 26, 1:30-3:00 pm, [6849 Old Dominion Dr. #200, McLean](#)

Students will learn what a growth mindset is, why it matters, what to do when they get stuck, and how to “push through” frustration.

Register: <https://www.eventbrite.com/e/growth-mindset-to-push-through-frustration-tickets-177564178237>

REVIVE! Training

Sat. Feb. 26, 9-10 am

Learn what to do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies may be provided.

Register: www.fairfaxcounty.gov/community-services-board/heroin-opeioids/revive

Plan Ahead — Wrightslaw Two-Day Bootcamp \$175-\$265

Fri. & Sat. Mar. 11-12, 9 am-4:30 pm, Charleston Area WV

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

Register: <https://www.wrightslaw.com/speak/22.03.wv.htm>

Ongoing and On Demand

The Arc@School Advocacy Curriculum \$99 for 6 months

Build up your special education knowledge, know the law, and learn to advocate for the services and supports your child needs at school.

Purchase: <https://thearcatschool.org/advocacy-curriculum/>

Family Coaching — 8-12 week program

Work weekly one-on-one with a coach to identify individualized goals and create a targeted family plan.

Register: <https://a109092.socialsolutionsportal.com/apricot-intake/e8afd273-4daa-4525-a1f1-b8ee33528344>

Fairfax County's Pre-Notification 9-1-1 Program

Enroll now in this new public safety program for individuals with disabilities.

Details & Registration: <https://www.fairfaxcounty.gov/911/emergency-health-profile>.

Special Education During a Pandemic

Learn what the laws specify that schools should provide, and how you can best support your child.

Access: <https://drroseann.com/special-education-during-a-pandemic/>

Dyslexia & the IEP: How to Make Sure the IEP Is in Tip-Top Shape

Webinar, available 24/7

Access: <https://www.youtube.com/watch?v=frehRL58UTs>

NAMI Basics

This 6-session course is for adults who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms (including ADHD and ASD).

Register: <https://www.nami.org/Videos/NAMI-Basics-OnDemand>

Wrightslaw Special Education Law and Advocacy Training

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

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm> \$50-\$90

The Parent Playbook — 9 Module Online Course on Autism

From the VCU Autism Center for Excellence. An introduction on Autism Spectrum Disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services.

Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm

Ongoing Community Support Groups for Parents

All these support groups are open to newcomers, and they are free, except where noted. No diagnosis is required to participate. Participants are typically given the opportunity to share their story, experience support, and glean guidance (as desired) from group members regarding both community and school resources. Confidentiality is to be respected.

AAC Parent Group meets occasionally on Saturdays. Contact: Amanda amandam@skillbuildersllc.com or 703-941-7757 ext. 316

African American Culturally Focused Virtual Parent Café meets Thursdays, 6:00-7:30 pm. Register at least 24 hours in advance by email BuildingStrongerFamilies@fairfaxcounty.gov or 703-324-7720

Alpha Moms This support group for adoptive parents meets monthly in McLean. Contact: robin4brady@gmail.com

Arlington Epilepsy Support Group, a list-serve, can be accessed at ARLEpilepsy@googlegroups.com

Autism Dads meets one evening monthly. Contact: George Buzby at 571-419-1257 or gbuzby@aol.com

Autism Society of NoVA Support Group meets on the 2nd Saturday of the month, 1:00-2:30 pm via Zoom. <https://us02web.zoom.us/j/9466001682>; Meeting ID: 946 600 1682; One tap mobile (301) 715-8592

Business Networking Event for Special Needs Parents
Alternate Fridays, May 29 and following, 9:00-10:30 am Via Zoom. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

Cafés Virtuales Para Padres: Miércoles de 7:00-8:30 pm. Regístrese con al menos 24 horas de anticipación:
BuildingStrongerFamilies@fairfaxcounty.gov o 703-324-7720

CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder
Alexandria CHADD Parent Support Group 4th Mon. of each month at 6:30 pm. Contact: Susan, ADHDParentMountVernon@gmail.com or call 303-903-9972.

Loudoun County CHADD Parent Support 3rd Wed. evening of the month.
Contact: Bonnie Little 571-306-2932 or on Facebook @loudounahdhsupport

West Fairfax/Burke CHADD Parent Support Group 1st & 3rd Thur. of each month at 8:00 pm Contact: Cathy, ocgreulich@aol.com

CSB Family Support Group at Gatlan Center 2nd and 4th Wed. of each month 6:00-7:30 pm via Zoom Contact: Samar.Chwairy@fairfaxcounty.gov or call 703-799-2882.

D.A.D.S. Dads Appreciating Down Syndrome 3rd Tue. each month, 7-9 pm via Zoom. Contact: George gbuzby@aol.com or call 703- 545-6089.

Dr. Dan's Support Group for Parents Raising Challenging Children meets via Zoom on Mondays, 1-2 pm,
Register: <http://survey.constantcontact.com/survey/a07eh2rnzqrk9vdghmb/a0179kbgrhj1/questions>

Fairfax Juvenile Court Parent Support for problems including runaway behavior, truancy, alcohol/drug abuse, and serious behavioral problems at home, at school, or in the community. Sign up for a phone consultation at <https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile>

Family F.I.R.S.T. Fridays Autism Support Group meets on the 1st Friday monthly, noon-12:45 at Gum Spring Library [24600 Millstream Dr. Stone Ridge](https://www.fairfaxcounty.gov/gum-spring-library)

Family Recovery & Support Group meets weekly via Zoom on Mondays 6:30-7:30 pm for family and friends of those receiving CSB services for addictions. Contact: Natalie.Holmes@fairfaxcounty.gov www.fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-group

Formed Families Together consists of monthly peer support groups for adoptive, kinship, and foster caregivers and parents. Virtual support group meets the 1st Sunday evening monthly. In-Person support group meets the 3rd Wednesday evening monthly. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

Grupo de Chat para Padres: Unete a nuestro nuevo GRUPO DE CHAT mediante la aplicación de WhatsApp y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al GRUPO: <https://bit.ly/2VoU2vw>
(Chat Group for Latino Parents: Join our new CHAT GROUP through the WhatsApp application and you will be able to keep up to date with everything that PEATC Latino is doing.)

Grupo de Educación y Apoyo a Padres en Española se reúne el cuarto sábado de cada mes, de 10 a 11 am en Zoom
en <https://us02web.zoom.us/j/9466001682> ID de reunión: 946 600 1682

Heads Up and Talk It Out — Teen and Parent Recovery Groups

These are concurrent virtual groups for teens (ages 14-17) who are working through emotional, mental health or substance use challenges and their parents every Thursday 6-7 pm. Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

Kinship Café meets online 6:30-8:00 pm the 2nd Wednesday of the month for those raising the children of relatives and friends. To attend, call 703-324-7720 or email BuildingStrongerFamilies@fairfaxcounty.gov.

NAMI: National Alliance on Mental Illness builds better lives for affected families. Arlington Parent Support Group meets two Sundays a month at 7:00-8:30 pm. Contact: Michelle Best mczero@yahoo.com

NAMI Family Support Group meets on the 1st and 3rd Wednesdays on Zoom for parents of children living with mental health challenges including ADHD, ASD, etc. <https://zoom.us/j/94509229914>

NAMI Parent & Caregiver Support Group meets on the 4th Thursday monthly. Email namicva.org or call 804-285-1749

OCD Family Support Group meets the 1st Mon. of each month, 7:30 pm. Contact: ela.mike@verizon.net or call 202-215-5859

Parent Café (for all Fairfax County parents and guardians) meets via Zoom in English on Mon., 7:45-9:15 pm, and en español, miércoles, 7:00-8:30 pm. Register at least 24 hours in advance by email BuildingStrongerFamilies@fairfaxcounty.gov or 703-324-7720

Parents in a Pandemic is for families of children or young adults with developmental and/or behavioral challenges. They meet twice monthly, 5:30-6:30 pm on Wednesdays. Register: <https://thearcofnova.org/november-december-dates-for-virtual-parent-support-group-meetings/>

Parents of Autistic Children (POAC-NOVA) Parent Support Group meets on Saturdays occasionally. Contact: Brianne Russel-Morris administrator@poac-nova.org.

REACH Parent Support Group meets monthly to support parents of individuals with developmental disabilities who also have mental health or behavioral issues. Contact: Dr. Pourmand mojgan.pourmand@eastersealsucp.com

Virginia Family Network Book Club meets monthly to discuss books selected for their value to parents and caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org