

# The Parent Resource Center

November  
Edition  
2009

Fairfax County Public Schools  
Department of Communications and Community Outreach

*A Network of Support*

## Upcoming Workshops

### [Parent Resource Center Library Open House](#)

*Thursday, October 29, 10 a.m.-3 p.m.*

**Free Assistive Technology to Use at Home**

*Thursday, October 29, 10-11:30 a.m.*

### [IEP Toolbox for Parents](#)

*Friday, November 6, 2009, 10 a.m.-Noon*

### [RATE 09-Real Assistive Technology for Everyone](#)

*Saturday, November 7, 8 a.m.-2 p.m.*

### [Manage Your Stress--Wellness](#)

*Thursday, November 12, 10 a.m.-Noon*

### [Good Behavior Made Easy~1...2...3](#)

*Friday, November 13, 10 a.m.-Noon*

### [CTS Resource Fair](#)

*Saturday, November 14, 8:30 a.m.-Noon*

### [Coping With Feelings](#)

*Tuesday, November 17, 10 a.m.-Noon*

### [Future Quest 2009](#)

*Saturday, November 21, 8 a.m.-3 p.m.*

For a complete list of all workshops and activities, visit the PRC web site at [www.fcps.edu/cco/prc/workshops.htm](http://www.fcps.edu/cco/prc/workshops.htm)

## STRESS AND RELAXATION

Parenting offers many rewards and challenges. Some parents find that, at times, the intense focus required to parent a child with special needs can increase the stress of day-to-day activities. Stress can make managing daily requirements difficult for all parents. Effective use of strategies can reduce stress and help create routines that support change, upcoming events, and unexpected situations. Stress can also be reduced by creating an environment, following practices, and conducting activities that effectively meet the needs of the entire family while considering each individual's specific requirements and interests. A consistent environment, routine predictable practices, and easily implemented activities can limit disruption to daily activities. These strategies allow the family routines to continue, special occasions to be celebrated, and unexpected events to crop up. Individual stress and stress derived from parenting can interfere with the joy and rewards of daily life. Effective stress management will increase positive interactions.

### Tips and Tools for Special Needs

<http://www.thespeciallife.com/stress.html>

### HelpGuide.org

[http://www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)

### Leading a Balanced Life for Families of Children With Disabilities

## NEWS YOU CAN USE

### The Special Needs Registry

<http://www.fairfaxcounty.gov/specialneeds/>

### Virginia's Medicaid Waivers for Persons With Disabilities, Their Parents, and Their Caregivers

[http://www.thearcofnova.org/docs/medicaid\\_waiver\\_guide.pdf](http://www.thearcofnova.org/docs/medicaid_waiver_guide.pdf)

### The Virginia Special Education Network

<http://www.vaboard.org/vsenform.htm>



Transition  
Planning for  
High School  
and Beyond



For many families, helping a student plan his or her transition to high school and postsecondary life can be a puzzling time filled with uncertainty or even procrastination. Developing a comprehensive and flexible plan of action is the key to successful transition planning.

>> FCPS Career and Transition Services <http://www.fcps.edu/dss/sei/careertransition/index.htm>

>> Transition Toolkit for Parents, visit <http://www.fcps.edu/ss/careertransition/index.htm>

**Want to know more about getting help for yourself or someone you care about? Please call one of these numbers today!**

**Community Services Board**

The Fairfax-Falls Church Community Services Board was established in 1969 under a mandate of the state and a joint resolution of Fairfax County and the cities of Fairfax and Falls Church to provide mental health, mental retardation, and alcohol and drug services, as well as specialized services in prevention and early intervention (part C). CSB web site <http://www.fairfaxcounty.gov/csb/central/>

**Important CSB Phone Numbers**

24-Hour CSB Emergency Services Phone: 703-573-5679

Fairfax Detoxification Center Phone: 703-502-7000

Alcohol and Drug Assessment and Referral Center Phone: 703-359-7040

Mental Health Entry and Referral Services Phone: 703-481-4230

Infant and Toddler Connection Phone: 703-246-7121

Intellectual Disability Services Phone: 703-324-4400

Central Services Administrative Unit Phone: 703-324-7000



**ASK THE PRC**

**Do you need resources or information or have a question?** Contact the PRC by e-mail [prc@fcps.edu](mailto:prc@fcps.edu) or call 703-204-3941 (703-204-3955 Spanish). Visit the PRC web site at [www.fcps.edu/cco/prc](http://www.fcps.edu/cco/prc).

**Do you need a tutor?** Visit the Tutor, Speech Pathologist list at [http://www.fcps.edu/cco/prc/tutors\\_spclinicians.htm](http://www.fcps.edu/cco/prc/tutors_spclinicians.htm).

**Do you need books, DVDs, CDs, or videos?**

**Visit the library online:**  
<http://www.fcps.edu/cco/prc/prclibry.htm>



**24/7 Book Return**

**PRC LENDING LIBRARY DROP BOX**



Are you short on time but need to return resources to the PRC Lending Library? Did you know that the PRC has a **drop box** at the entrance of Dunn Loring?



**Subscribe now!**

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