

Family Support Resource Guide
FCPS FAMILY RESOURCE CENTER
2334 GALLOWS ROAD, ROOM 105
DUNN LORING, VA 22027
703-204-3941
FRC@FCPS.EDU

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The resources listed here are provided for informational purposes only. They do not reflect recommendations or endorsements by Fairfax County Public Schools (FCPS) or the FCPS Family Resource Center. Updated 1/2024

<https://www.fcps.edu/resources/family-engagement/family-resource-center>

For questions, contact the Parent Resource Center at 703-204-3941 or frc@fcps.edu.

Digital version available at: <https://padlet.com/FCPSFamilyResourceCenter/family-support-resource-guide-ik8a6jxibtvmcool>

General Special Needs Resources

Resources Specific to Fairfax County and Virginia

Fairfax-Falls Church Community Services Board

<https://www.fairfaxcounty.gov/community-services-board/>

703-383-8500

Collaborative local government division provides services for people of all ages who have mental illness, substance use disorders and/or developmental disabilities. They provide services to help people with developmental disabilities live, work and take part in our community. Additionally, other services include emergency help, counseling, detoxification, medication, crisis response, and recovery supports.

Fairfax County Disability Rights and Resources

<https://www.fairfaxcounty.gov/familyservices/disabilities>

703-324-7948

Resources and services available in Fairfax County for people with physical, intellectual, and developmental disabilities including assistive technology, employment, housing, and transportation.

Early Childhood Child Find

<https://www.fcps.edu/registration/early-childhood-prek/early-childhood-child-find>

571-423-4121

Child Find is the process of identifying children with potential special education needs as well as educating the community about child development and the importance of early intervention. Child Find services are provided for children ages 20 months through five years by the FCPS Early Childhood Identification and Services (ECID&S) program.

Infant and Toddler Connection

<https://www.fairfaxcounty.gov/office-for-children/infant-and-toddler-connection>

703-246-7121

Virginia's system of early intervention supports and services for infants and toddlers from birth through age two who are not developing as expected or who have a medical condition that can delay normal development. Includes a wide range of family-centered services, resources and supports.

Parenting Education Programs

<https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs>

703-324-7500

Classes, virtual cafés (support groups), videos, and articles to build parenting skills from Fairfax County Department of Family Services. Parent Cafés include groups in English and Spanish, and groups specifically for African American parents and fathers.

Special Education Parent Teacher Association (SEPTA) of Fairfax County

<https://fairfaxcountysept.org/>

info@fairfaxcountysept.org

Fairfax County Special Education PTA (SEPTA) is a PTA organization affiliated with the Virginia and National PTA that addresses the unique needs of special education, special needs, and disabled students and families.

Therapeutic Recreation Services

<https://www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation>

703-324-5532

Classes, camps, social clubs, and activities adapted for people of all ages with disabilities. Also provides support for people who want to participate in general recreation activities.

Service Providers

American Music Therapy Association

<https://www.musictherapy.org/>

301-589-3300

Offers music therapy interventions that can be designed to improve the quality of life for children and adults with disabilities. Music therapy interventions can address a variety of healthcare & educational goals: promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication, and promote physical rehabilitation.

Care Connection for Children

<http://www.inova.org/inova-in-the-community/care-connection-for-children/index.jsp>

703-698-2450

Resources to help families and their children with special healthcare needs. There is no charge to access this team that includes Registered Nurses, Social Work Case Managers, Education Consultants, Parent Coordinators, and Financial/Eligibility Coordinators.

Centers for Independent Living

<https://www.dars.virginia.gov/cbs/cils.htm>

1-800-552-5019

Non-residential places where persons with disabilities learn empowerment and develop the skills necessary to make lifestyle choices. Centers provide services and advocacy to promote leadership and independence.

Exceptional Children's Assistance Center

<https://www.ecac-parentcenter.org/>

1-800-962-6817

They help parents navigate the special education system and understand their rights. They provide information, support, training, and resources to assist families caring for children with special needs from birth to age 26. They also support young adults with disabilities in becoming self-advocates and leaders.

Jewish Community Center of Northern Virginia

<https://www.jccnv.org/>

703-323-0880

Parent and caregiver support groups for children with special needs. Groups and classes for children of all ages and adults - with special needs to include social skills groups.

Jewish Social Service Agency (JSSA)

<https://www.jssa.org/get-help/workshops-and-groups/>

240-800-5772

Counseling, social groups, care coordination, and workshops for children and adults with mental health or developmental disabilities and their caregivers.

Moms in Motion

<https://momsinmotion.net/>

1-800-417-0908

Service facilitation provider will assist families with the Medicaid waiver process. Serves people with disabilities of all ages and their care providers. They serve individuals and their families by providing resources, information, engaging in advocacy through community and state-wide networks, and by assisting people in navigating the waiver world.

ServiceSource

<https://www.servicessource.org/our-offices/virginia/>

703-461-6000 Employment and Rehabilitation Services

703-354-0900 Day Support Program

ServiceSource facilitates services, resources, and partnerships to support people with disabilities and others, along with their families, caregivers, and community members. They provide employment and assistance getting employment for people with disabilities.

Specially Adapted Resource Clubs

<https://sparcsolutions.org/>

571-407-1807

SPARC provides essential day programs for adults with profound disabilities at five locations in Northern Virginia. They are an innovative clubhouse model supporting young adults with lifelong physical and/or developmental disabilities.

Wright's Law Yellow Pages for Kids with Disabilities

<http://www.yellowpagesforkids.com/help/va.htm>

This is a directory of psychologists, diagnosticians, health care specialists, academic tutors, speech-language therapists, advocates, and attorneys in Virginia.

Support & Information Organizations

Center for Parent Information and Resources

<https://www.parentcenterhub.org/>

973-642-8100

A central hub of information and products created for the network of Parent Centers serving families of children with disabilities.

Got Transition?

<https://www.gottransition.org/index.cfm>

202-769-0486

This is a national resource center on health care transition (HCT). Its aim is to improve the transition from pediatric to adult health care using evidence-driven strategies for clinicians and other health care professionals; public health programs; payers and plans; youth and young adults; and parents and caregivers.

Parent Educational Advocacy Training Center (PEATC)

<http://www.peatc.org/>

703-923-0010

Northern Virginia-based center that provides services and support for families and professionals, particularly those with children with special needs. It provides research-based information and training, including resources in Spanish.

Parent-to-Parent of Virginia

<https://ptpofva.wordpress.com/>

PTPofVA@aol.com

Parents provide support to other parents of children with disabilities in the form of education and training.

Special Ed Advocate

<http://www.wrightslaw.com/subscribe.htm>

A free online newsletter about special education legal and advocacy topics, including new cases, articles, seminars and training, special offers on books.

Understood - For Learning and Attention Issues

<https://www.understood.org/>

Resources and support for parents to help understand their children better and unlock strengths. Offers access to experts, practical tips, and technology.

T/TAC: Training and Technical Assistance Center

<http://ttaonline.org/>

Extensive online resources and trainings for educators and parents of students with disabilities in Virginia.

Virginia Disability Resources and Advocacy Organizations

[https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6679-Virginia Disability Resources and Advocacy Organizations](https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6679-Virginia%20Disability%20Resources%20and%20Advocacy%20Organizations)

State-specific organizations and resources to support people with physical, intellectual, and developmental disabilities. They help people advocate for themselves.

Wrights Law

<http://www.wrightslaw.com/>

Information about special education law, education law, and advocacy for children with disabilities. Articles, trainings, and seminars, on different topics including IEP's and the special education process.

ADHD Support Resources

AACAP ADHD Resource Center

[https://www.aacap.org/AACAP/Families and Youth/Resource Centers/ADHD Resource Center/Home.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx)

202-966-7300

Resources for families about ADHD, treatment options, and a database of psychiatrists that work with children and teens with ADHD.

ADDitude Magazine

<https://www.additudemag.com/>

Digital magazine with information, strategies and support for ADHD and LD children and adults. Webinars, descriptions and information about ADHD, treatments, and a directory of ADHD professionals to help parents with resources for success

Attention Deficit Disorder Association

<https://add.org/>

Information, training, support groups and advocacy for adults with ADHD.

CHADD

<http://www.chadd.org>

301-306-7070

Information and support groups for parents of children with attention deficit disorders, adults with attention deficit disorders, and others dealing with people affected by attention deficit disorders.

CHADD of Northern Virginia

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

Online discussion groups and support groups across Northern Virginia to support those with ADHD and their family.

Autism Support Resources

The Arc of Northern Virginia

<https://thearcofnova.org/>

703-208-1119

Offers support group list, resources, and information on many topics to help children and adults with intellectual and developmental disabilities and their families. These include transitioning, Medicaid waivers, guardianship resources, educational strategies, and special needs trusts.

Autism Drive

<https://autismdrive.virginia.edu/#/home>

434-297-8178

Statewide resource database for individuals with autism and their families. Virtual services/supports, connecting people with resources, and conducting groundbreaking autism research. Additionally, many in-service and professional development trainings for organizations within the state of Virginia.

Autism Parenting Magazine

<https://www.autismparentingmagazine.com>

A magazine giving family access to advice from professionals, therapies to help children with autism, the latest research, and real-life stories from parents of children on the spectrum.

Autism Self Advocacy Network

<http://autisticadvocacy.org/>

Research, advocacy, events, and trainings to promote disability rights for people with autism of all ages and their family-members, educators, and community members.

Autism Society of Northern Virginia (ASNV)

<https://www.asnv.org/>

571-328-5792

ASNV provides information on research, treatments, and support to individuals with autism and their families in the Northern Virginia area.

Autism Speaks

<https://www.autismspeaks.org/>

1-888-288-4762

Spanish Line: 1-888-772-9050

Autism Speaks staff are specially trained to connect families with information, resources, and advocacy. Staff members are available to answer calls and emails from 9 a.m. to 1 p.m.

For resources specific to Virginia, go to: <https://www.autismspeaks.org/resource-guide> and select "Virginia" from the drop-down box.

DC Autism Parents (DCAP)

<http://www.dcautismparents.org/>

info@dcautismparents.org

A non-profit organization created by parents of children with autism for parents of children with autism. They provide support group meetings, autism buddies, playgroup, and a lending library.

Organization for Autism Research (OAR)

<https://researchautism.org/>

1-866-366-9710

Research, resources, and advocacy for families of children and adults with autism. They have created guides for siblings, military families, educators, transition to adulthood, and employment.

Parents of Autistic Children of Northern Virginia (POAC-NOVA)

<http://www.poac-nova.org/>

703-249-5099

Support group meetings, workshops, and resources for parents of children with autism spectrum disorder.

Sesame Street and Autism: See Amazing in All Children

<https://sesamestreetincommunities.org/topics/autism/>

A nationwide initiative aimed at communities with children ages 2 to 5. Offers family's ways to overcome common challenges and simplify everyday activities, all around autism spectrum disorder.

Deaf and Hard of Hearing Resources**A.G. Bell Association for the Deaf and Hard of Hearing**

<https://www.agbell.org>

202-337-5220 TTY: 202-337-5221

Resources, information, tips and help for families of children with hearing loss. Offers support in other languages and countries as well, to include Spanish.

American Society of Deaf Children

<https://deafchildren.org/>

Committed to providing support, encouragement and information to families who are raising children who are Deaf or Hard-of-Hearing.

American Speech-Language-Hearing Association

<https://www.asha.org>

1-800-638-8255

Resources for families with children who have speech and hearing delays. Support for professionals and those working with children and adults with speech and hearing delays.

Fairfax County Speech and Hearing Services for Children and Adults

<https://www.fairfaxcounty.gov/health/speech-hearing>

703-246-2411 TTY 711

They help children and adults in Fairfax County communicate more clearly with speech, hearing and reading services. Services include screening and evaluation, group and individual speech therapy, a stroke club and reading program for children.

Gallaudet University

<https://gallaudet.edu/clerc-center/>

Resources and programs for families with children who have speech and hearing delays and the professionals that work with them. This includes early intervention, sign language classes, information, training, and technical assistance.

National Association of the Deaf

<https://www.nad.org/>

301-338-6380 TTY: 301-810-3182

The National Association of the Deaf (NAD) is the nation's premier civil rights organization of, by and for deaf and hard of hearing individuals in the United States of America. They serve Deaf, DeafBlind, DeafDisabled, Hard of Hearing, and Late-Deafened people in the United States. Resources for families with children who have speech and hearing delays. The resources include educational advocates, national ASL directory and more. Additionally, they provide information on civil rights laws, Early intervention, education, employment, housing, health care and mental health services and so much more.

Northern Virginia Cued Speech Association

<http://www.nvcsa.org/celebrate>

The Northern Virginia Cued Speech Association (NVCSA) provides advocacy, education, and support for families and professionals who choose to use Cued Speech with deaf or hard of hearing children. They provide an E-Newsletter, training videos and Cue Camp.

Northern Virginia Resource Center for Deaf and Hard of Hearing Persons

<https://nvrc.org/>

703-352-9055 TTY: 703-352-9056

The Northern Virginia Resource Center for Deaf and Hard of Hearing Persons aims to to empower deaf and hard of hearing individuals and their families through education, advocacy, and community involvement. This includes fact sheets, ASL workshops and interpreting services.

Virginia Department for the Deaf and Hard of Hearing

<https://www.vddhh.org/>

804-662-9502 V/TTY

The Virginia Department for the Deaf and Hard of Hearing offers contacts, information, and resources available in the state to support individuals who are deaf and hard of hearing.

Intellectual Disabilities Support Resources

Service Providers

The Arc of Northern Virginia

<http://www.thearcofnova.org/>

703-208-1119

Offers support group list, resources, and information on many topics to help children and adults with intellectual and developmental disabilities and their families. These include transitioning, Medicaid waivers, guardianship resources, educational strategies, and special needs trusts. Falls Church, Virginia.

Best Buddies of VA/Capital Region

<https://www.bestbuddies.org/vadc/>

703-533-9420

Offering One-to-One Friendship, Integrated Employment, Leadership Development, and Inclusive Living programs for individuals with and without intellectual and developmental disabilities (IDD) in Virginia & Washington, D.C.

Chimes Virginia

www.chimes.org

410-358-6400

Provides community services for children and adults with intellectual and developmental disabilities and co-occurring disabilities. Services emphasize choice, diversity of opportunities and full community participation for all ages.

EnCircle formerly known as Lutheran Family Services

<https://encircleall.org/>

1-800-359-3834

Provides community-based services to help families of children and adults (ages 5-22) with intellectual and developmental disabilities.

Fairfax-Falls Church Community Services Board

<https://www.fairfaxcounty.gov/community-services-board/developmental-disabilities>

703-324-4400

Collaborative local government division provides services for people of all ages who have developmental disabilities. Support includes case management, coordination of care, support with accessing services and funding where appropriate.

Support & Information Organizations

American Association of Intellectual and Developmental Disabilities (AAIDD)

<https://aidd.org/home>

202-387-1968

Information, advocacy, and training for family members, community members, and service providers related to intellectual and developmental disabilities.

Down Syndrome Association of Northern Virginia

<http://www.dsanv.org>

703-621-7129

Support for parents of children with Down syndrome, including support groups, social events, and financial, medical, and legal training.

Easter Seals Child Development Center

<http://www.easterseals.com/DCMDVA/>

301-588-8700

Easter Seals provides comprehensive services to children and adults, no matter their disability, military status, income, race, or age. Their programs include child development centers, early intervention, Head Start, Level-up School Age Program and other resources.

Dyslexia

Atlantic Seaboard Dyslexia Education Center (ASDEC)

<http://www.asdec.org/>

301-762-2414

Atlantic Seaboard Dyslexia Education Center (ASDEC) is a training and advocacy center dedicated to preventing academic failure through evidence-based multisensory reading and math instruction. It provides trainings and referrals to dyslexia specialists. Additionally, they offer community support groups through membership.

Children's Dyslexia Centers

<https://www.childrensdyslexiacenters.org/>

877-861-0528

They provide research, training, resources for parents and educators. Resources include tutor and teacher training, a tutor directory, and multisensory tutorial reading and written language instruction to children with dyslexia.

Decoding Dyslexia- Virginia

<https://www.decodingdyslexiavirginia.org/>

decodingdyslexiava@gmail.com

Decoding Dyslexia Virginia is focused on linking families to resources, support, and educational interventions for dyslexia. This includes advocating for teacher/staff training on dyslexia, its

warning signs and appropriate intervention strategies, early screening tests for dyslexia to include parental notification, evidenced-based dyslexia remediation programs, and access to appropriate “assistive technologies” in the public-school setting for students with dyslexia.

Dyslexia

<https://www.dyslexia.com/>

This website tracks state and federal legislation specifically related to dyslexia. Families can use this site to see current state laws related to dyslexia and find educational resources by state.

International Dyslexia Association

<https://dyslexiaida.org/>

410-296-0232

Resources, information, and support for individuals with dyslexia and their families. This includes fact sheets, conferences, a handbook, and support for professionals.

Virginia branch of the International Dyslexia Association <http://va.dyslexiaida.org/>

Yale Center for Dyslexia & Creativity

<http://dyslexia.yale.edu/>

They provide research, Research, advocacy, and resources about best practices for adults and children with dyslexia. Some resources include evaluations for Dyslexia, information about accommodations in school, and specific interventions for Dyslexia.

Learning Disabilities Support Resources

LDOnline

<http://www.ldonline.org/>

Comprehensive resource guide, referral directory of professionals and products, active parent forums, helpful articles and more. Parents and teachers of children with learning disabilities will find supportive and authoritative guidance on attention deficit disorder, ADD / ADHD, dyslexia, dysgraphia, dyscalculia, reading difficulties, speech, and related disorders.

National Center for Learning Disabilities (NCLD)

<https://nclid.org/>

301-966-2234

Resources for family members and educators supporting children and adults with learning disabilities. Resources include scholarships and awards, questions to ask pediatricians, questions to ask educators, and other resources.

National Institute for Child Health and Development (NICHD)

<https://www.nichd.nih.gov/health/topics/learningdisabilities>

1-800-370-2943

The latest research and resources regarding all forms of learning disabilities. This includes information on the learning disability, the diagnosis process, treatment options, and opportunities to participate in research studies.

Smart Kids with Learning Disabilities

<https://www.smartkidswithld.org/>

Newsletter with information to support parents of children with learning disabilities. This includes information about evaluations and tech tools, advice for handling your child's academic, social, and emotional issues, and the opportunity to connect to others.

Medical Conditions Support Resources

Brain Injury

Brain Injury Association of Virginia

<https://www.biav.net/>

804-355-5748

They provide resources about home care and housing options, obtaining adaptive equipment for the home, or how to sign up for public benefits.

Brain Injury Services

<http://braininjurysvcs.org>

703-451-8881

Community-based services, case management and day support programs for children, adults, veterans, and families who have been impacted by brain injury. They also offer short term counseling and help with resources.

Cancer

Alex's Lemonade Stand Foundation

<https://www.alexlemonade.org/childhood-cancer/for-families/supersibs>

866-333-1213

SuperSibs is dedicated to comforting, encouraging and empowering siblings of children with cancer through a Comfort and Care mailing program that sends age-appropriate mailings over a two-year period that include coping skills and encouragement for siblings as their brother or sister fights cancer.

Life with Cancer

<https://www.lifewithcancer.org>

703-206-5433

They offer free services to enhance the quality of life of those affected by cancer by providing evidence-based education, support, wellness programs and integrative therapies.

Cerebral Palsy

United Cerebral Palsy of Washington, D.C. and Northern Virginia

<https://cpfamilynetwork.org/resources/resources-guide/ucp-of-washington-northern-va/>

202-269-1500

They share resources on child development and topics that are unique to Cerebral Palsy to support parents in navigating their journey. They also offer programs and services for adults with cerebral palsy.

Diabetes

American Diabetes Association

<https://diabetes.org/>

1-800-342-2383

Support understanding diabetes, treatment, technology and more through online chat, community programs, and family links.

Beyond Type 1

<https://beyondtype1.org/>

A nonprofit organization focusing on education, advocacy, and the pathway to cures for Type 1 diabetes. Provides programs and resources that enhance the lives of those affected by diabetes. Also includes programs for those living with Type 2 diabetes.

Children with Diabetes

<https://childrenwithdiabetes.com/>

Website for kids with diabetes where, through the Kids' Voices page, they can set up individual pages and meet other children with diabetes from around the world. Forums, workshops, art projects and community events for children and their parents.

Juvenile Diabetes Research Foundation (JDRF)

<https://www.jdrf.org/>

Support understanding diabetes, management, treatment, technology and more through articles, resources, local chapters, and more. Offers resources in Spanish as well.

Dysautonomia

Dysautonomia Youth Network of America Inc. (DYNA)

<http://www.dynainc.org>

Provides programs and services that help patients with dysautonomia improve their quality of life, obtain better symptom management, and succeed in living independent, self-supporting, productive, and happy lives. Offers peer youth online support, one-on-one private mentorship to patients and caregivers.

Eating Disorders

F.E.A.S.T.

www.feast-ed.org

1-855-503-3278

F.E.A.S.T. is a global community focused on empowering parents as caregivers and advocates and promoting evidence-based treatment of eating disorders. They offer information about eating disorders, treatment options, advocacy, resources, and support.

National Association of Anorexia Nervosa and Associated Disorders

<http://www.anad.org/>

1-888-375-7767

Treatment directory, peer support groups, recovery mentors, and guides for children and adults with eating disorders.

National Eating Disorders Association

<https://www.nationaleatingdisorders.org/>

212-575-6200

Research, advocacy, resource directories for children and adults with eating disorders. This includes a helpline, support groups, and public awareness opportunities.

Epilepsy

Epilepsy Foundation

<https://www.epilepsy.com/>

301-459-3700

Connects people to treatment, support and resources and educate the public about epilepsy and seizure first aid.

Inova Epilepsy Center

<https://www.inova.org/our-services/inova-epilepsy-center>

703-845-1500

The Inova Epilepsy Center specialized care team will work with you as a whole person to help you have a better path to health and life with full access to all that is available to offer in epilepsy diagnosis and treatment.

Fetal Alcohol Syndrome

FASD United

<https://fasdunited.org/>

202-785-4585

Resources, education, and advocacy for those impacted by Fetal Alcohol Syndrome. They recognize the wide range of needs within this community and seek to create safe spaces and support for both children, adults, and family members.

General Medical Conditions

Children's National Health System

<https://childrensnational.org/>

888-884-2327

Resources, information, programs, and blogs on different health topics. This is one of the leading hospital systems in the area and offers a variety of specialty services that can help with diagnosing and treating children.

Spinal Cord Injuries

United Spinal Association-Washington D.C. Chapter

<https://unitedspinal.org/chapter/washington-dc-chapter-of-united-spinal-association/>

harsh.v.thakkar@medstar.net

They offer services to help empower and improve the quality of life for those living with spinal cord injuries and disorders. Services include, but are not limited to, monthly peer support groups, resource directories, and disability publications.

Speech and Language

American Speech-Language-Hearing Association

<https://www.asha.org>

1-800-638-8255

Resources to help understand communication and communication disorders. Offers support for families to connect with professionals and optimize their treatment options. They offer support in Spanish as well.

Apraxia Kids

<https://www.apraxia-kids.org/>

412-785-7072

Apraxia Kids seeks to strengthen the support systems in the lives of children with apraxia of speech by educating professionals and families, facilitating community engagement and outreach, and investing in the future through advocacy and research.

Child Mind Institute Speech and Language Therapy

<https://childmind.org/care/areas-of-expertise/autism-clinical-center/speech-and-language-therapy/>

212-308-3118

The Speech and Language Service offers evaluation and treatment for children with a range of communication disorders.

CHOP Department of Speech-Language Pathology Resources

<https://www.chop.edu/centers-programs/department-speech-language-pathology>

1-800-551-5480

Resources and information for families of children with speech and language delays from early intervention to specific areas of need and things that you can do at home to help your child.

Fairfax County Speech and Hearing Services for Children and Adults

<https://www.fairfaxcounty.gov/health/speech-hearing>

703-246-2411 TTY 711

They help children and adults in Fairfax County communicate more clearly with speech, hearing and reading services. Services include screening and evaluation, group and individual speech therapy, a stroke club and reading program for children.

Kennedy Krieger Institute Speech and Language Department

<https://www.kennedykrieger.org/departments-medical-specialties/speech-and-language-department>

443-923-2650

Staff members in the Speech and Language Department provide clinical services to pediatric patients and their families or to individuals with developmental delays or other special needs who have or are suspected of having communication, oral motor, feeding/swallowing, or hearing deficits.

Stuttering Association

<https://westutter.org/>

1-800-937-8888

They offer support, resources, and information to all members of the stuttering community – families, kids, teens, and support team members. They also serve as a referral organization for speech therapy resources.

Tourette Syndrome

Tourette Syndrome Association of America

<https://tourette.org/chapter/mid-atl/>

1-888-486-8738

Offers support groups, tools, and referrals for families, children, teens, and professionals. You can reach out to them directly for help finding specific resources and strategies that meet your specific need.

Mental Health Support Resources

Trauma & Family Stress

Children, Youth and Families (CYF) Division: Parent Support Line

<https://www.fairfaxcounty.gov/familyservices/children-youth>

703-324-7720

Resources for parents and caregivers of children. Staff can help with parenting advice, support, and tips to help navigate emotional and relational parenting issues. Language support is available. The support line is open Monday-Friday 8 a.m.-4:30 p.m.

Childhelp Abused Children Therapeutic Support Group

<https://www.childhelp.org/>

1-800-422-4453

Resources to meet the physical, emotional, educational, and spiritual needs of abused, neglected, and at-risk children. They offer treatment programs, group homes for children already affected by child abuse, and prevention programs. The Child Help National Child Abuse Hotline has crisis counselors available 24/7.

FORMED Families Forward

<https://www.formedfamiliesforward.org/>

703-539-2904

Formed Families Forward's mission is to improve developmental, educational, social, emotional, and post-secondary outcomes for children and youth with disabilities and other special needs through provision of information, training and support to adoptive and foster parents, and kinship caregivers. Supports includes consultations, support groups, resources, and trainings.

FORMED Families Forward Resource Directory

<https://formedfamiliesforward.org/resource-directory/>

This directory provides information about programs and services offered in Northern Virginia to support families formed by adoption, foster care and kinship care who are raising children and youth with disabilities and other special needs.

Foster the Family D.C.

<https://www.fosterthefamilydc.org/>

Exists to support and encourage foster and adoptive families. Services include care packages, support groups, respite nights, and family events.

Service Providers

Center for Adoption Support and Education (C.A.S.E)

<https://adoption-support.org/northern-post-adoption-consortium-npac/>

301-476-8525

Provides free post adoption guidance, resources, and support services to Virginia families.

Fairfax Community Professionals Directory

<https://fairfaxcommunityprofessionals.com/directory/>

Fairfax Community Professionals (FCP) is a network of mental health clinicians committed to being available to students and their families in a timely way when there is a crisis or urgent mental health need that is beyond the services available at school. These clinicians either take insurance or offer a reduced fee.

INOVA Kellar Center

<https://www.inova.org/healthcare-services/inova-kellar-center/services>

703-218-8500

Provides behavioral health services for children, adolescents, and their families. These services include intensive inpatient and outpatient programs for Mental Health and/or substance abuse related disorders.

NeuroSound Music Therapy

<https://www.neurosoundmusictherapy.com/>

571-367-9951

Provides therapeutic services using music interventions rooted in the psychology and the science of music. Music therapy is appropriate for all areas of disabilities, trauma, PTSD and more. Individual music therapy sessions, group music therapy, adapted music lessons, and traditional music lessons available.

Northern Virginia Family Services

<https://www.nvfs.org/our-services/mental-health/>

571-748-2500

NVFS provides culturally competent, language-specific mental health services for all ages in various settings to ensure neighbors from all backgrounds have access to the support they need.

Northern Virginia Mental Health Institute NVMHI

<https://dbhds.virginia.gov/facilities/nvmhi/>

703-207-7100

This is a short-term hospital to provide intensive treatment to adults with acute mental health needs living in Northern Virginia. Family therapy services are provided as well.

UMFS Adoption Services

<https://www.umfs.org/>

866-252-7772

Provides resources, services, and support for foster care, adoption, post-adoption, crisis, and family preservation, on behalf of Fairfax County.

Support & Information Organizations

Mental Health.gov

<https://www.mentalhealth.gov>

One-stop access to U.S. government mental health information and resources on special mental health needs. Resources for parents and caregivers include recognizing mental health problems in children, how they are affected, and what you can do, how to navigate diagnosing and treating children with mental health problems and talking to children and youth after a disaster or traumatic event.

NAMI of Northern Virginia

<http://www.nami-northernvirginia.org>

571-458-7310

Offers a variety of support groups open to all family members and friends of individuals living with mental illness. Also offers information on how to support those impacted by mental health disorders and a helpline.

National Federation of Families for Children's Mental Health

<http://ffcmh.org/>

240-403-1901

Online support and resources dealing with implementation of policies, legislation, funding and service systems that utilize strengths of families to support children with mental health needs.

National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov/index.shtml>

1-866-615-6464

Part of the National Institutes of Health, this section deals with understanding and treatment of mental illnesses through basic and clinical research. There are fact sheets, clinical trials, and resources to help find professional support.

Visual Impairment Support Resources

Accessible Materials

Access Services, Fairfax County Public Library

<https://www.fairfaxcounty.gov/library/branches/access-services>

703-324-8380

This service offers library services to people with disabilities. These include screen reader software, screen magnification software, text-to-speech reading equipment, a refreshable Braille display, and talking books. Home delivery is also available to residents of Fairfax County, the City of Fairfax, and the City of Falls Church through the free Talking Book Program of the Library of Congress National Library Service for the Blind and Physically Handicapped.

AIM-VA

<https://aimva.org/>

1-888-496-0252

Offering free, accessible materials for Virginia's K-12 students with a print-based disability to include students who have an Individualized Education Program (IEP) and are unable to access traditional print.

American Printing House for the Blind

<http://www.aph.org/resources/>

800-223-1839

Resources including accessible learning experiences through educational, workplace, and independent living products and services for people who are blind and low vision.

Talking Book Service Arlington County Department of Libraries

<https://library.arlingtonva.us/services/accommodation-services/talking-books-by-mail/>

703-228-6333 TDD/TTY: 703-358-6320

Provides free, specially recorded, unabridged books and listening equipment to blind and visually impaired people who live in Arlington County.

Support & Information Organizations

Accredited Schools Online

<https://www.accreditedschoolsonline.org/resources/best-accredited-colleges-schools-for-students-with-disabilities/>

Information and resources about accredited colleges and schools that offer standout programs and benefits for students with disabilities.

Ability One Program

<https://www.abilityone.gov/>

703-603-2100

This program creates jobs and training opportunities for people who are blind or have severe disabilities.

American Council for the Blind

<http://www.acb.org/>

202-467-5081

The American Council of the Blind strives to increase the independence, security, equality of opportunity, and quality of life for all blind and visually impaired through advocacy.

Family Connect

<https://familyconnect.org/>

1-800-232-5463

Resources, ideas for experiences, support, and videos for parents of children with visual impairments. This includes articles by age or topic on every aspect of raising a child with blindness or low vision, from family relationships and social activities to education issues for blind and low vision students, assistive technology, parenting a child with multiple disabilities, and more. It also includes a comprehensive directory of services for families of children with blindness or low vision to find hands-on help and professional services in your area.

National Federation of the Blind

<https://nfb.org>

410-659-9314

Support network for parents to share information and resources. They coordinate many programs, services, and resources to defend the rights of blind Americans, provide information and support to blind children and adults, and build a community that creates a future full of opportunities.

National Federation of the Blind of Virginia

<https://www.nfbv.org/>

202-285-4595

Support for families and professional who care for children with visual impairments. They connect families to each other and to blind role models in the community. They offer support and information about educational issues, Braille, technology, and scholarships. They sponsor seminars and workshops for parents at the NFBV State Convention and provide access to free canes for kids.

Virginia Department for the Blind and Vision Impaired

<https://www.vdbvi.org/>

804-371-3140

This department offers a wide array of specialized services and programs for Virginia residents of all ages who are blind, vision impaired, or deafblind. This includes helping them achieve their desired levels of employment, education, and personal independence.

Community Resource Guides

Fairfax County Community Resource Guide

<https://www.fairfaxcounty.gov/community-services-board/publications/community-resources-list>

This list includes Community Service Board and other community resources that are available for support and assistance. This extensive list is also available in Spanish.

INOVA Disability-Specific Resources

<https://www.inova.org/about-inova/inova-community/community-access-care/care-connection-children/parent-resource/disability-specific>

Resources and providers curated for specific disabilities including a Parent Resource Directory, and an explanation of fees, services, and location for resources shared.

Fairfax County Public Schools Handbooks

Special Education Handbook (pdf)

<https://www.fcps.edu/sites/default/files/media/forms/SpecialEducationParentHandbook.pdf>

This handbook is intended to help parents, educators, and students with disabilities work together for the common goals of successful learning and outcomes for children. Special education services are an integral part of the educational offerings of FCPS. A variety of services are provided for students aged 2 through 21, having mild to severe disabilities.

Transition Resource Guide (pdf)

<https://www.fcps.edu/sites/default/files/media/forms/TransitionResourceGuide.pdf>

The Career and Transition Services (CTS) section of the Office of Counseling and College and Career Readiness designed this Transition Resource Guide to share strategies, resources, and tools to assist teachers and families as they work with students in the transition planning process.

Dyslexia Handbook

<https://www.fcps.edu/academics/academic-overview/special-education-instruction/dyslexia-handbook>

Provides information and resources to FCPS schools and families as they support students with dyslexia. The handbook includes an overview of Dyslexia, resources for the student, and family guides to dyslexia.

Twice Exceptional (2e) Handbook (pdf)

<https://www.fcps.edu/sites/default/files/media/pdf/FCPS2eHandbook.pdf>

This guide was developed to provide schools and families with insight and guidance associated with the identification, instruction, and social-emotional wellness of students who are gifted and have learning challenges or disabilities.

Section 504 Procedures Manual (pdf)

<https://www.fcps.edu/sites/default/files/media/pdf/Section504Manual.pdf>

Guide to help with understanding the 504 process, forms, and resources.

Parent Advocacy Handbook

<https://www.fcps.edu/parentadvocacyhandbook>

Information and resources within the handbook are designed to help parents and guardians learn about their rights and responsibilities as an FCPS parent or guardian, learn more about what is going on in the student's school, learn more how to monitor and help your student at home, and find extra help and resources.

Other Guides Available from the Family Resource Center

- Adapted Sports and Recreation Guide
- Digital Resources Guide
- LGBTQIA+ Resource Guide for Adults
- LGBTQIA+ Resource Guide for Youths
- Resources for Military-Connected Families
- Respite Care Resource Guide
- Summer Camps Guide