

☀️ FREE and/or Sensory Friendly Events in the DC Metro Area ☀️

📅 October 20

Parent Child Journey — *Addressing Social Challenges at School for Children and Teens with Developmental Differences*

💻 Online | 1 PM

Join Dr. Dan Shapiro for a parent-led discussion about finding the “just right” level of support for your child’s social growth.

👉 Register: <https://forms.gle/ScwKF1pb7CnnDyDhQQXAmqq8kqrMLtT4ajtFquXHVYTUphTg>

📅 October 22

FCPS Family Resource Center — *Reading Plans and Your Student*

💻 Online | 10–11:30 AM

Learn how Fairfax County’s new reading plans support literacy for K–8 students under the Virginia Literacy Act.

👉 Register: https://forms.gle/SdTBym5XSA3Wi0bGA4nr4r9l6sJLL-j7WK3O38_nuUVBE_liw

📅 October 22

PEATC — *Special Education Workshop Series: Shifting Seasons, Steady Support – From Referral to Eligibility*

💻 Online | 6:30 PM

Get clear on every step of the special education process and strengthen your advocacy skills.

👉 Register: https://us02web.zoom.us/webinar/register/WN_UVo6hHmaTYCWlu_vQKj-QA

🚫 POSTPONED – POAC-NoVA Special Needs Action Plan Webinar

Originally October 22 | *Understanding Behavior as Communication*

Stay tuned for a new date.

🔗 Info: <https://www.signupgenius.com/go/10C0844ABAA29A6FFCF8-58301912-all>

📅 October 23

Virginia DBHDS — *Fostering Healthy Relationships & Preventing Abuse Training*

💻 Online | 10–11:30 AM

Empower individuals with disabilities to form safe, healthy relationships and prevent abuse.

👉 Register: https://us02web.zoom.us/webinar/register/WN_6V_sbZGaSVmavfsZ1a_9mw

📅 October 23

PWCS & The Arc of PWC — *Sibling Talk: Help Your Kids Get Along*

💻 Online | 6–7 PM

Learn how to reduce sibling conflict and promote household harmony.

👉 Register: https://pwcs-zm-edu.zoom.us/webinar/register/WN_XLEzEQd_TGqpzZQPmdwd0g

 October 25

Mount Vernon — *Sensory-Friendly Morning & Tour*

 Mount Vernon, VA | 8–9 AM

Enjoy a calm, sensory-friendly visit with take-a-break spaces and sensory bags.

 Discounted tickets: <https://checkout.mountvernon.org/sensoryfriendly/102525>

 October 25

The Orion Circle — *Sensory-Friendly Spooktacular*

 The Karter School, Ashburn | 10 AM–1 PM

Pumpkin decorating, games, and sensory activities for kids with autism and siblings.

 More info: www.theorioncircle.org

 October 27

Autism Research Institute — *Language & Communication Issues in Autism: Let's Talk About Talking*

 Online | 4 PM

Learn about language development differences from Prof. Olga Bogdashina, Ph.D.

 Register: <https://autism.org/language-and-communication-issues-in-autism-lets-talk-about-talking>

 October 27

FTC — *Supporting Social & Emotional Needs through the IEP*

 Online | 7–8 PM

Learn how to address emotional and behavioral needs within the IEP process.

 Register: https://forms.gle/SdQ0w1rrf1_5nCwhyvn_e88byeEFRLqqUj5Ra5RMLEOHwcJBg

 October 28

PEATC — *Disability Benefits: Social Security & VA's Medicaid Waivers*

 Online | 4:30–6:30 PM

Simplify complex benefits and learn eligibility requirements in plain language.

 Register: https://us02web.zoom.us/webinar/register/WN_6l4j48V2T7Gx8dU4eUVBog

 October 28

The Arc of NoVA — *TFIL Talks: Lessons from the Arc2Independence App*

 Online | 7–8 PM

Practice independence skills through fun, tech-based lessons.

 Register:
<https://us06web.zoom.us/meeting/register/tZYldOutrz0sG9Bwtzwe3bTUTATVg4Zdy-fX>

 October 29

The Arc of NoVA — *TFIL Outdoor Club*

 Fairfax, VA | 11 AM–1:30 PM

Join an inclusive outdoor skills day with safety tips and nature fun.

 The Arc of Northern Virginia, 3401 Prosperity Ave, Fairfax, VA