

The Individual and Family Support Program (IFSP) Regional Councils at DBHDS invite you to attend this free virtual information session!

Key Resource Connections for People on Virginia's DD Waivers Waiting List

Finding the right resources can make everyday life easier, especially while you are waiting for a DD waiver!

Join us to learn about free or low-cost options you can use *right now*, including:

- Services from **Virginia Medicaid, the Individual and Family Support Program at DBHDS, and the Center for Family Involvement at VCU**
- Simple self-care tips to lower stress and support your wellness



Thursday, October 15, 2026

6:00 to 8:16 p.m.



Register here:

ifsp.tny.cc/october-15



Sign up for a reminder:

surveymonkey.com/r/ifsp-oct15



**Jason
Perkins**



**Nickie
Brandenburger**



**Patrice
Beard**



**Heather
Hines**



We are proud to feature remote conference captioning through Virginia Relay! If you need an additional accommodation to participate, please email us by **October 1, 2026**: IFSPCommunity@dbhds.virginia.gov

