

COMMUNITY GROUPS/WORKSHOPS/MEETINGS

Please reach out to the contact person to confirm event is taking place and any updates or to receive an invite to join virtually.

Every Tuesday—Sober Mommies—Motherhood group meeting every Tuesday (except holidays) at 10 am at First United Methodist Church located at 566 S Haywood St, Waynesville. For more information, please contact Nicole Ross at 828-209-88220 or Nicole.ross@sobermommies.com.

Every Wednesday—The Mother's Connection—9 am to 11 am. New Generations Family Birthing Center at Harris Regional Hospital. Mothers and their new babies, from birth through crawling stage, are invited to join this popular class. Mothers share their joys, frustrations, questions, and concerns as they make new friendships and receive positive support for their role as a mother. To register for or for more information call 828-586-7907.

Every Thursday—NAMI Connections. Starting at 7 PM combination support group. Held at First Methodist Church Outreach Center located at the intersection of Harrison and W Main Sts, Franklin. This meeting is hosted by NAMI Appalachian South and a mixed group of family members and individuals with mental illness. The group focuses on support, education, resources, and advocacy. For more information contact Donita at 828-526-9510 or Ann at 828-369-7385.

Every Thursday—Reconnect for Resilience Listening Circles for Caregivers and Parents—6:30 pm to 7:30 pm. At Resources for Resilience™, we share practical tools to build up and support everyone's resilience. Our easy-to-use strategies are meant for anyone to use as we work to help people stay healthy and connected during tough times. We believe that everyone has the ability to deepen their resilience and experience better days. That is why we are offering Listening Circles to all caregivers and parents who live in NC. Listening Circles are a safe space for people to connect online. They give you a chance to share how you are doing, work with our Listening Circle leaders to de-stress, and practice tools that can help when times are tough. For more information and the link to join the Listening Circles contact Mary Lloyd at mary.lloyd@resourcesforresilience.com.

Every Saturday—Narcotic Anonymous (NA) Bonfire Meeting—7 pm. ~~81 Academy Street, Bryson City. Anyone in active addiction or in recovery is welcome. It rains, meeting held inside. For more information contact Amanda Garrett at restorationhousewnc31@gmail.com or 828-341-5299.~~ On hold. Watch for details.

Every other Sunday—CHA Virtual Teen Hangout. June 12th from 11 am to 12 pm is the first on in June and then every other Sunday after that. For teens 13 – 18. Judgement free zone. Gift certificates for all attendees. Connect and share experiences with other teens in a safe space. Presented by Children's Hope Alliance. For questions contact Christina Mitchell at 704-881-4346. Follow this link to join <https://www.childrenshopealliance.org/event/cha-virtual-hangout-for-teens-3/2022-06-12/>.

First and Third Mondays of each month—DIOM (Drugs in our Midst) Family Support Group—Starting at 6:30pm at the conference room at Haywood County Sheriff's Office. Our purpose is to bring persons who have loved ones experiencing Substance Use Issues together. We support them, provide resources information, and share experiences and ways to make it work for you and your loved one. We pray together, cry together, and love each other. This is a faith-based program provided free for those who need our support. For more information contact Jean Parris at jeankparris@gmail.com.

First Wednesday of each month—Cherokee County Caregiver Group Meeting. Starting at 10:30 AM. Held at Region A Partnership for Children’s Murphy office located at 141 Peachtree St, Suite 5, Professional Building, Murphy and virtually via TEAMS. This group focuses on families raising a child with a special need. Conversations and information for families to work together through challenging times. Sharing information around “protective factors” that keeps your family strong. Different theme each month. **September through May.** RSVP is required. For more information, contact Jody at jmiller@rapc.org or 828-506-6111.

First Thursday of each month—The Compassionate Friends of Western North Carolina. Starting at 6:30 pm at Longs Chapel United Methodist Church located at 133 Old Clyde Rd, Waynesville, NC 28785. The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. For more information contact John Chapman at 828-400-6480 or ichapm1@gmail.com.

First Saturday of each month—Haywood County Caregiver Group Meeting. Starting at 9 AM. Held at the Region A Partnership for Children’s Waynesville office located at 367 Dellwood Rd, Building C, Waynesville. This group focuses on families raising a child with a special need. Conversations and information for families to work together through challenging times. Sharing information around “protective factors” that keeps your family strong. Different theme each month. **September through May.** RSVP required. For more information, contact Jody at jmiller@rapc.org or 828-506-6111.

Second Monday of each month—ASNC Western NC Regional Support Meet Up. 12 pm to 1 pm. Virtual. These will be very casual meetings and a “Come if you can” approach for parents and caregivers to chat and connect. Discussion around current situations, challenges and successes, and time to share ideas and resources with each other. No RSVP or commitment is needed. Meeting will happen at this link each month--
<https://us06web.zoom.us/j/89817820645?pwd=YEaRMINK8SzTv0sxx96RrsFwxTilLy.1>.

Second Monday of the Month—Parent Time Out Me Time!--Adoptive Parent Support Café “Support and Encouragement in the Parenting Journey”. 6 pm to 7 pm. This is an opportunity to join forces and learn with a unique group of like-minded adoptive parents, who want to share what they have learned and experienced, in every area of their parenting journey. Having the support and ideas from other focused and driven adoptive parents, allows us to see things differently, to get a new perspective on actions, get needed support, and helps everyone grow to a new level! Together, we can learn from each other how to thrive, and not just survive, during difficult times. For virtual joining information send an email to communications@childrenshopealliance.org. Register to join at <https://www.childrenshopealliance.org/events/>.

Second Tuesday of Each Month—Grief Support Group—For individuals who have lost a loved one to the drug crisis--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support? We are **The SHARE Project**, and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that **WE DO UNDERSTAND** and **YOU ARE NOT ALONE!** Due to COVID-19 closings, please check our website for time and location. <https://theshareproject.org/upcoming-events/>

Third Thursday of each month—Virtual Caregiver Group Meeting. Starting at 2 PM. This group focuses on families raising a child with a special need. Conversations and information for families to work together through challenging times. Sharing information about “protective factors” that keep you family strong. **November through May.** Meeting is virtual through the TEAMS platform. RSVP is required. For more information and the link to join, contact Jody at jmiller@rapc.org or 828-506-6111.

Third Tuesday of Each Month—Outreach Support Group—For individuals who have a loved one suffering from addiction--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support? We are **The SHARE Project**, and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that **WE DO UNDERSTAND** and **YOU ARE NOT ALONE!** Due to COVID-19 closings, please check our website for time and location. <https://theshareproject.org/upcoming-events/>

Third Friday of each month—Moms’ Connection—Meets at Good Shepherd Episcopal Church located at 495 Herbert Hills Dr, Hayesville from 10 am to 12 pm. Offers support, fun activities, parenting tips, friendship, encouragement, and good adult conversation for all moms—moms, expectant moms, grandmothers, and caregivers. Children from 0-5 will join other children in the nursery with trained volunteers. Free childcare. For more information contact Susan Gray at 828-361-7175. Visit the Facebook page at [momsconnectionhayesville](https://www.facebook.com/momsconnectionhayesville).

Fourth Monday of each month—Adolescent Support Group for Chronic Medical Conditions 4 PM – 5 PM. Are you a teenager with a medical condition? Do you wish that you could talk to others in similar conditions? This group will be a welcoming, non-judgmental, safe place for you to share your experiences and struggles, laugh with each other, and build a sense of community. Group will meet in the Reuter’s Outpatient Building of Mission Children’s Hospital, in the Chapel. Participants must have a current Mission Outpatient provider. For more information contact Sarah Kirkpatrick at 828-213-1869 or Sarah.kirkpatrick@msj.org.

Smart Start (SS) / Local Interagency Coordinating Council (LICC) Team Meetings—Cherokee County meets the 1st Wednesday of each month starting @ 1:00 PM; Clay County meets the 1st Thursday of each month starting @ 1:30 PM; Graham County meets the 2nd Thursday of each month starting @ 9:30 AM; Haywood County meets the 3rd Wednesday of each month starting @ 10:30 AM; Jackson County meets the 2nd Wednesday of each month starting @ 12 noon; Macon County meets the 4th Thursday of the month starting @ 12 noon; and, Swain County meets the 2nd Tuesday of each month starting @ 10:00 AM. Holidays and may cancel the meeting. Weather may force a virtual only meeting. Otherwise, meetings are in-person and virtual. For more details contact Jody Miller at jmiller@rapc.org.

Monday through Friday—Car Seat Clinic—8 am – 4 pm (closed for lunch 12 pm – 12:45 pm). Held in the Beloved Women and Children’s Building (73 Kaiser Wilnoty Rd, Cherokee). Must have correct amount. Child must be present. EBCI enrollment card (parent or child). Car seats cost \$20 for infant, convertible, combination, or high back booster. Questions about clinic or car seats please contact Savannah Farmer at 828-359-6216.

A Monday of the Month—Macon County Support Group for Foster/Adoptive Caregivers—Meets from 6 pm – 8 pm at the Watauga Baptist Church located at 658 Watauga Church Rd, Franklin. Open to all foster/adoptive caregivers. Entrée is provided and attendees bring a covered dish to share. For more information and to find out what Monday the meeting for this month is going to be contact Stacey Messer at Macon DSS at 828-349-2124.

Each Monday--NCDHHS COVID-19 Update Call for Members, Families and Stakeholders 2 pm – 3 pm--Each Monday at 2:00 p.m. Toll-Free: 877-336-4441 Access Code: 9264293. The Division of MH/DD/SAS and Division of Health Benefits (NC Medicaid) remain committed to working hard to assess service gaps, create and amend policies, and direct funding into service areas that will be impactful in preventing the interruption and delay of behavioral health and intellectual/developmental disability services during this challenging time. This weekly call is for consumers, family members, and community stakeholders ONLY. If you are a provider who joins the call, please allow consumers, family members, and community stakeholders to ask their questions. Provider questions will be answered during the regularly scheduled NC Providers call. As new information emerges and guidance is created to respond quickly and proactively to COVID-19, please continue to get up-to-date information at the NC DHHS COVID-19 webpage. Additional resources for submitting questions and requests for information: Send an email with your question or comment to: BHIDD.COVID.Qs@dhhs.nc.gov or visit the NC DHHS website and click on this link to submit BH and IDD questions via an online portal.

MOMS of WNC Medically Fragile and Autism Support Group. September 9th virtual meeting. A Facebook group designed to bring our community together and support parents and kids! New, small group just starting. Goal is to provide resources and family support meetings. Contact Katie Sumrell at katiesumrell@gmail.com or find on Facebook. <https://www.facebook.com/groups/6262614053798377>

NAMI (National Alliance on Mental Illness) Affiliates are offering virtual NAMI programs. These include NAMI Family Support Groups—meetings of family members, caregivers, friends, and loved ones of individuals living with mental illness. Participants can talk frankly about their challenges and help on another through their learned wisdom; NAMI Connection Recovery Support Groups—peer-based mutual support groups that meet for 90 minutes of safe, confidential personal sharing in a flexible group setting. The groups are open to any adult living with a mental illness and are designed to connect, encourage, and support participants using a structured support group model. The meetings are led by trained Support Group Facilitators living in recovery themselves; Support Group for Stress and Anxiety—open to both peers and family members and focuses primarily on stress, anxiety, and depression; Who Cares for the Caregivers?—trauma, anxiety, stress, and self-care support group for caregivers and friends of those with mental health conditions; Family-to-Family education program—a free, 8 session course taught by two trained volunteer teachers who themselves have a family member or loved one with a mental illness; NAMI Peer-to-Peer education program—free, 8 session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery; and, NAMI Basics education program—a free 6 week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed. You'll learn the facts about mental health conditions and how best to support your child are home, at school and when they're getting medical care. For details on which affiliate and when the program is being offered click on this link for details and emails as you will need to register with that affiliate: <https://naminc.org/programs/virtual-programs/>.

WNC Autism Association. Facebook group. <https://www.facebook.com/groups/1308446920103352>

Jackson / Swain / Qualla Boundary Autism / FSN Support Group. 2nd Tuesday 5 pm. Held at Qualla Boundary EHS / HS (Dora Reed Center) located at 897 Acquoni Road, Cherokee. For more details contact Jody Miller at jmiller@rapc.org.

Madison County Support Group of Autism Society of NC: Due to Covid-19, there are no in person meetings. The Chapter provides support to local individuals with autism and their families. All meetings that do occur will be Virtual and will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or madisonchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.madison>.

Macon County Support Group of Autism Society of NC: Due to Covid-19, there are no in person meetings. The Chapter provides support to local individuals with autism and their families. There will be a Virtual meeting beginning in January of 2021. All meetings that do occur will be Virtual and will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or maconchapter@autismsociety-nc.org or <https://www.facebook.com/groups/asnc.macon/>.

Cherokee County Support Group of Autism Society of NC: There are no in person meetings due to Covid-19. The Chapter provides support to local individuals with autism and their families. There is a Virtual meeting scheduled on the Cherokee County Chapter of Autism Society Facebook page for 4th Thursday at 7pm. All meetings that do occur will be posted on the Chapter page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or cherokeechapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.cherokee>.

Rutherford County Support Group of Autism Society of NC: Coffee meet-up 1st Monday at 10 am. No more walking group. Chapter meeting is the 3rd Monday of the month at 7pm. All meetings that do occur will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or rutherfordchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.rutherford>.

Haywood County Support Group of Autism Society of NC: 2nd Tuesday at 6 pm. The Chapter provides support to local individuals with autism and their families. The Haywood County Chapter has many Virtual events organized and posted on the Chapter Facebook page on a regular basis. Please refer to the Haywood County Chapter Facebook page for news and Virtual events as well as to the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or haywoodchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.haywood>. All meetings that do occur will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org along with the updated times

Buncombe County Support Group of Autism Society of NC: 2nd Monday at 7 pm. The Chapter provides support to local individuals with autism and their families. All meetings that do occur will be Virtual and will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or buncombechapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.buncombe>.

Wilkes County Support Group of Autism Society of NC. 3rd Thursday at 7 pm. The Chapter provides support to local individuals with autism and their families. All meetings that do occur will be Virtual and will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or highcountrychapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.highcountry>.

Henderson County Support Group of Autism Society of NC. 4th Monday at 7 pm. The Chapter provides support to local individuals with autism and their families. All meetings that do occur will be Virtual and will be

posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or hendersonchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.henderson>.

Free Middle School Afterschool Program at First United Methodist Church in Waynesville (Grades 6-8)

We are open from 3-5pm every day after school. Our students hang out, play games, do homework, and enjoy time together! Waynesville Middle School students ride Bus 22 (first load) to the FUMC Youth Area Parking Lot. Contact Anna Belle Lamar with questions & sign-ups! 828-226-5086 alamar@fumc-waynesville.com

March 1, 2024—Tax/ITIN Clinic. 3 pm to 6:30 pm. Free tax preparation and filing. Free help is available. If your household made \$60,000 or less last year, you may be eligible for free tax help. The International Friendship Center in collaboration with Pisgah Legal Services are hosting the clinic. Being held at Highlands Food Pantry located at 350 Spring Street, Highlands. To make an appointment call/text 828.371.9460.

March 5, 2024—Facing the Emotional Challenges of Chronic Illness (webinar). 10 am. This is a free virtual event facilitated by the Vaya Health Geriatric team. CEU's are provided through NC Department of Health and Human Services. Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-facing-the-emotional-challenges-of-chronic-illness-wgamhst-3/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 510 303 938#

March 6 or 7, 2024—Do You Want to Work? Let's Talk about VR! (WAZE to Adulthood Student Training) (Virtual). 7 pm. *For students with disabilities age 12-22 who live in Florida, Georgia, North Carolina, South Carolina, Tennessee, or Virginia ONLY* WAZE to Adulthood for Students is a FREE, LIVE training for you! Join us for a live Zoom training as we discuss Vocational Rehabilitation (VR) and the supports they offer that can help you prepare for a job, find a job, and keep a job. Choose one date to attend: OPTION 1: March 6, 2024 | 6:00 pm - 7:00 pm (EST) or OPTION 2: March 7, 2024 | 6:00 pm - 7:00 pm (EST). This training will be Interactive, Interesting, and Incredibly FUN! Presented by PEATC in partnership with the Exceptional Children's Assistance Center, Family Connection of South Carolina, Parent to Parent of Georgia, Parent to Parent of Miami, and TNSTEP. #WazeToAdulthood Join waiting list at <https://www.tickettailor.com/events/peatc/1114006>.

March 8, 2024—PTSD: Healing the Emotional Wound (webinar). 10 am. When trauma occurs, it can have lasting effects on the person who experiences it and their caregiver. This presentation defines PTSD (Post-Traumatic Stress Disorder) and reviews the impact of trauma. Highlighted are treatment options and self-care strategies related to older adults. This is a free virtual event facilitated by the Vaya Health GERO team. CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-ptsd-healing-the-emotional-wound-egamhst-3/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We

also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 428 045 985#

March 8, 2024—Hoarding Disorder: Hidden Secrets (webinar). 11:15 am. Have you ever had a secret you were too embarrassed to share? Those who hoard may not disclose symptoms due to potential embarrassment, judgment, and ridicule. This presentation will explore causes, symptoms, treatment, and care methods for those managing this condition. The focus is on the aging population. This is a free virtual event facilitated by the Vaya Health GERO team. CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-hoarding-disorder-hidden-secrets-egamhst-2/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 500 951 895#

March 8, 2024—Celebrate Family Get Together—6 pm to 9 pm. Kick off to the 2024 Adoptive and Foster and Teen Conference—Far West Conference. For foster and adoptive families from Cherokee Clay, Graham, Haywood, Jackson, Macon, Swain, and Transylvania counties and the Qualla Boundary. Being held at The Factory in Franklin, NC. For more information contact Joseph Barkowitz at JBarkowitz@childrenshopealliance.org.

March 9, 2024—Far West Conference—2024 Adoptive and Foster and Teen Conference. 8:30 am to 4:30 pm at The Factory in Franklin, NC. Training hours for attendees. Free childcare and prizes. Free conference for foster and adoptive caregivers residing in Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain and Transylvania counties and on the Qualla Boundary. For more information contact Joseph Barkowitz at JBarkowitz@childrenshopealliance.org.

March 11, 2024—Enriching Mental Health with Complementary Treatments Part 2 (webinar). 1 pm. This is a free virtual event facilitated by the Vaya Health Geriatric team. CEU's are provided through NC Department of Health and Human Services. This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics will be Meditation, Mindfulness, Spirituality, & Yoga. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-enriching-mental-health-with-complementary-treatments-part-2/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 822 106 561#

March 12, 2024—Facing the Emotional Challenges of Chronic Illness. 1:30 pm. This is a free in-person event at Macon County Public Library located at 149 Siler Farm Rd, Franklin; facilitated by the Vaya Health Geriatric Team. CEU's are provided through NC Department of Health and Human Services. Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes. If you would like to attend this event, please click button below that says "Going" and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go

to your spam filter. Registration Required: Please register here <https://www.vayahealth.com/event/facing-the-emotional-challenges-of-chronic-illness-wgamhst-9/> or call Macon County Library at 828-524-3600.

March 12, 2024—After the Diagnosis: Helping the Older Child Navigate the Journey (virtual). 7 pm.

Workshop objectives: To learn how autism may affect your child; To learn options that may help your child; and To locate resources to support your family. This workshop is for parents whose children were diagnosed after the age of 8. To register for this webinar, please email Nancy Nestor at nnestor@autismsociety-nc.org.

March 14, 2024—Enriching Mental Health with Complementary Treatments Part 1 (Color, Music, & Nutrition). 1:30 pm. This is a free in-person event at Jackson County Public Library, facilitated by the Vaya Health Geriatric Team. CEU's are provided through NC Department of Health and Human Services. This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Color, Music, and Nutrition. If you would like to attend this event, please click button below that says "Going" and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter. Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-1-color-music-nutrition-wgamhst-2/> or call Jackson County Public Library 828-586-2016.

March 16, 2024—Sesame Street in Communities event. We are gearing up for the Graham County Super Children's Fair on Saturday, March 16 from 1:30-4:00 p.m. We will be featuring Super Grover straight from Sesame Street along with a touch-a-truck, activities, a tasting station, and of course an amazing cast of resources. Graham County Schools Pre-K is the lead on planning this amazing afternoon for children and families. Flyer to come.

March 16, 2024—Sesame Street in Communities event. We are gearing up for the Graham County Super Children's Fair on Saturday, March 16 from 1:30-4:00 p.m. We will be featuring Super Grover straight from Sesame Street along with a touch-a-truck, activities, a tasting station, and of course an amazing cast of resources. Graham County Schools Pre-K is the lead on planning this amazing afternoon for children and families. Flyer to come.

March 18, 2024—WAZE to Adulthood—Parent/Professional Training (NC) (virtual). Many young people with disabilities want to work after high school or college, just like their peers. Vocational rehabilitation (VR) is a program that provides services and supports to help people with disabilities prepare for, get, and keep a job. This FREE self-paced online course will provide basic information about the vocational rehabilitation program and the services that are available. This training is open from March 18, 2024 through April 18, 2024. Training can be accessed any time during these 3 weeks. Certification of completion of 2 hours will be provided to participants who complete this training. Presented by PEATC in partnership with Exceptional Children's Assistance Center. To register follow this link <https://www.tickettailor.com/events/peatc/1125470>.

March 18, 2024—Enriching Mental Health with Complementary Treatments Part 2 (webinar). 10 am. This is a free virtual event facilitated by the Vaya Health Geriatric team. CEU's are provided through NC Department of Health and Human Services. This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics will be Meditation, Mindfulness, Spirituality, & Yoga. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-enriching-mental-health-with-complementary-treatments-part-2-wgamhst/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 437 519 220#

March 18, 2024—Enriching Mental Health with Complementary Treatments Part 1 (Color, Music, and Nutrition). 10:30 am. This is a free in-person event at Jackson County Senior Center located at 100 County

Services Park Dr, Sylva, facilitated by the Vaya Health Geriatric Team. CEU's are provided through NC Department of Health and Human Services. This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Color, Music, and Nutrition. If you would like to attend this event, please click button below that says "Going" and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter. Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-1-color-music-nutrition-wgamhst-5/> or call Jackson County Senior Center at 828-586-5494.

March 18, 2024—Parent Counseling and Training: A Related Service Under IDEA. (Webinar). 12PM. Often when we think of related services listed in the IEP, the first things to come to mind are OT, PT and Speech. Did you know that related services also include parent counseling and training? Parent counseling and training means: Assisting parents in understanding the special needs of their child; Providing parents with information about child development; and Helping parents to acquire the necessary skills that will allow them to support the implementation of their child's IEP or IFSP. This presentation will provide information about the use of Parent Counseling and Training as a Related Service under the Individuals with Disabilities Education Act (IDEA). Join us to learn more about how this service can be implemented by IEP teams to support students with disabilities and their families. Presented By: Virginia G. Madorin, M.A., LSLC Cert. AVEd Consultant for Deaf & Hard of Hearing and Co-Director, NC DeafBlind Project Sensory Support and Assistive Technology Office of Exceptional Children NC Department of Public Instruction. To register follow this link: https://us02web.zoom.us/webinar/register/6117059421278/WN_HZxD37f-TueKZuilHawhdQ#/registration.

March 19, 2024—Circle of Security Parenting Group. In person 8 weeks. Are you interested in learning more about how to strengthen your relationship with your child or a little one you love? Consider attending Circle of Security Parenting (COSP) Group. COSP is a relationship-based group that focuses on early intervention for caregivers and children to try and promote secure attachment. Dinner and childcare will be provided. Being held at First Free Will Baptist Church of Hayesville located at 259 Tusquittee St, Hayesville. The group is limited to 10. For more information or to register contact Crystal Rumfelt at 828-361-4091.

March 19, 2024—Facing the Emotional Challenges of Chronic Illness (webinar). 1 pm. This is a free virtual event facilitated by the Vaya Health Geriatric team. CEU's are provided through NC Department of Health and Human Services. Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-facing-the-emotional-challenges-of-chronic-illness-wgamhst-4/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 527 671 914#

March 19, 2024—PTSD: Healing the Emotional Wound. 1:30 pm. When trauma occurs, it can have lasting effects on the person who experiences it and their caregiver. This presentation defines PTSD (Post-Traumatic Stress Disorder) and reviews the impact of trauma. Highlighted are treatment options and self-care strategies related to older adults. This is a free virtual event facilitated by the Vaya Health GERO team. CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's will be sent out. Please RSVP below

to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-ptsd-healing-the-emotional-wound-egamhst-4/> then click button below that says “Going” and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 839 768 139#

March 19, 2024—Hoarding Disorder: Hidden Secrets. 2:45 pm. Have you ever had a secret you were too embarrassed to share? Those who hoard may not disclose symptoms due to potential embarrassment, judgment, and ridicule. This presentation will explore causes, symptoms, treatment, and care methods for those managing this condition. The focus is on the aging population. This is a free virtual event facilitated by the Vaya Health GERO team. CEU’s are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU’s will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-hoarding-disorder-hidden-secrets-egamhst-3/> then click button below that says “Going” and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 633 190 727#

March 20, 2024—Question, Persuade, Refer (QPR) Suicide Prevention Training (virtual). 10 am. We can all save lives. Question, Persuade, Refer is an emergency response to someone in crisis. In this training, you will learn: -How to ask the right questions about suicide; -How to persuade a person to get help; and -How to refer an individual to the right resource. You can attend this session for free. Just complete the required registration at this link <https://www.vayahealth.com/event/question-persuade-refer-qpr-suicide-prevention-training-14-2/>. This is a virtual training session and the Microsoft Teams link will be sent to you a few days prior to the training. Instructors- Thelma Horton and Autumn Green. For questions please contact: training@vayahealth.com

March 21, 2024—Enriching Mental Health with Complementary Treatments Part 1 (Color, Music, & Nutrition). 1 pm. This is a free in-person event at Graham County Public Library located at 80 Knight St, Robbinsville, facilitated by the Vaya Health Geriatric Team. CEU’s are provided through NC Department of Health and Human Services. This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Color, Music, and Nutrition. If you would like to attend this event, please click button below that says “Going” and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter. Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-1-color-music-nutrition-wgamhst-3/> or call Graham County Public Library 828-479-8796.

March 23, 2024—Sesame Street in Community event. We are gearing up for the Cherokee/Clay Monster Math Madness on Saturday, March 23 from 11 am to 3 pm at Tri-County Community College located at 21 Campus Dr, Murphy in the Enloe building. Featuring Cookie Monster with crafts, games, and block and sensory play. Free lunch will be provided between 11:30 am and 1:30 pm while supplies last. Watch your email or check social media for more information.

March 26, 2024—Enriching Mental Health with Complementary Treatments Part 1 (Color, Music, & Nutrition). 1 pm. This is a free in-person event at Marianna Black Library located at 33 Fryemont St, Bryson City, facilitated by the Vaya Health Geriatric Team. CEU’s are provided through NC Department of Health and

Human Services. This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Color, Music, and Nutrition. If you would like to attend this event, please click button below that says “Going” and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam folder. Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-1-color-music-nutrition-wgamhst-4/> or call Marianna Black Library 828-488-3030.

April 20, 2024—Roll and Read. 9:30 am to 12:30 pm. Free event! Calling all parents, infants, toddlers, and preschoolers. Get ready to grab your skates, bikes, scooters, strollers, and wagons for a day of family fun. Being held at the Waynesville Rec Center located at 550 Vance Street, Waynesville. Watch your email or check social media for more information.

Vaya Health—Trainings are offered across the Vaya Health catchment area. For those in a county outside the Region A catchment area, visit this link to find other workshops being offered www.vayahealth.com/calendar.

Please check the Autism Society of NC for upcoming webinars as they are posted--
<https://www.autismsociety-nc.org/autism-workshops/>.

Incredible Years—New classes starting soon. Weekly parenting program helping parents develop skills to support children's social - emotional development. Serving Haywood, Jackson, and Macon Counties. Participating Families will receive: free programming; free meals; free child care; gift cards; fuel cards; fun family activities; highly qualified staff; and in a safe environment. Contact the program coordinator today. Andrea McClure at (828) 477-4532 or mcclure.andrea@swcdcinc.org.

Stressed? Need to talk? Call 24/7. Fear and anxiety about COVID-19 can be overwhelming for adults, youth and children. Everyone has different stress responses that may include: feeling alone; irritable or feeling out of sorts; head, stomach or body aches; changes in sleep or eating patterns; difficulty concentrating forgetful; fear for your own health; worried about the health of your family or friends; increased use of alcohol, tobacco, or other drugs; feeling stuck, no time for self-care; or looking for ideas to stay calm and healthy. Hope4NC Helpline 1-855-587-3463. Find hope. Find help.

ECAC offers training for both families and professionals. All of our training and activities are available free of charge to families. We offer trainings on a variety of topics and can customize our workshops to match the needs of the audience. Excellent ways to learn new information and tune up your skills. For a list of scheduled trainings and topics click on this link <https://www.ecac-parentcenter.org/trainings-and-topics/>.

Legal Aid of NC offers free Self-Help Clinics to learn how to handle certain basic legal issues without hiring an attorney. Due to the Coronavirus crisis, we now hold all of our clinics electronically using Facebook Live and Zoom. All of the clinics are still completely free and open to the public. Facebook Live: To participate using Facebook, visit our Facebook Live page when the clinic starts. You do not need a Facebook account to watch the presentation, but you do need an account to send questions to the presenters. Sign up for a free Facebook account. Zoom: To participate using Zoom, use the listing below to register for the clinic you are interested in. You do not need a Zoom account to participate in the clinic. Once you register, you will receive an email containing a link to the Zoom presentation. When the clinic starts, click the Zoom link to join. All clinics are completely free, but advance registration is required. The clinics will provide you with general legal information and guidance only. The clinics will not provide you with specific, individual legal advice. Upcoming clinics include: 7/1—Free Social Security Disability Clinic; 7/6--Criminal Expungement Clinic; 7/8—Free

Employee Rights Clinic; 7/13--Free Child Custody Clinic; 7/15--Free Simple Divorce Clinic; 7/22--Free Tenant Rights Clinic; 7/27--Free HCPOA and Wills Clinic; 8/3--Criminal Expungement Clinic; and 8/5--Free Social Security Disability Clinic. All clinics start at 2:30 pm. For more information and a list of upcoming workshops click on the link <https://www.legalaidnc.org/get-help/self-help-clinics>.

On Track WNC

To stay up-to-date with our current offerings, [join our e-news mailing list](#).

In-Person Classes at OnTrack

Money Visioning & Goal Setting - Feeling stuck in your money life? Ready to start thinking about what you want to be different? During this class, you will get a clear picture of your money goals through an interactive visioning exercise. Then, you'll learn how to create a realistic savings goal and plan the steps needed to reach it! You will leave this class with motivation and tools to start making your best money life a reality. [Sign up now](#).

Live, Interactive Online Classes

Credit: How to Build and Repair Your Credit Score - Find out what credit is and why it's important, gain understanding about what affects your credit score, and learn methods to build and repair your credit score. We'll also leave plenty of time for questions. Plan to take notes because there will be plenty of good nuggets to take away! [Sign up now](#).

- Monday, February 26 from 12:00 pm to 1:30 pm

Money Visioning & Goal Setting - Feeling stuck in your money life? Ready to start thinking about what you want to be different? In this live and interactive online class, you will get a clear picture of your money goals through an interactive visioning exercise. Then, you'll learn how to create a realistic savings goal and plan the steps needed to reach it! You will leave this class with motivation and tools to start making your best money life a reality. This class is all about participation so come prepared with paper, pen (and maybe even crayons and markers if you have them) to jump start your learning. [Sign up now](#).

- Wednesday, February 28 from 5:00 pm to 6:30 pm

Self-Paced, On-Demand Classes

Start and stop these courses as needed for your schedule. They are available online, anywhere, at any time.

Money Foundations - During this self-paced, on-demand class, you will be introduced to the foundations of basic money management that will help to change your understanding of your personal financial life. This class will teach you how to:

- Create a realistic monthly budget.
- Save money regularly to pay for budget-busting expenses that always pop up (like getting new tires) and bigger savings goals like a family vacation.
- Build a personalized two-month emergency cash flow plan to make sure that you have the money on hand to pay your expenses and bills when they are due.

- Survive when you don't have enough money to cover expenses by following six important steps. [Sign up now.](#)

Credit: How to Build and Repair Your Credit Score - During this pre-recorded class, you will find out what credit is and why it's important, gain understanding about what affects your credit score, and learn of methods to build and repair your credit score. [Sign up now.](#)

Homebuyer Education - An online class through eHome America. This in-depth class explores the process of buying a home, from the early planning stages through closing. You will learn about the roles that the realtor, lender, inspector, and closing attorney play in the process. The course takes an average of 8 hours to complete but you can stop and start as you wish. \$100 per household. [Sign up now.](#)

Homebuyer Education - WNC Local Supplement - Learn about various steps in the Homebuying process from our expert guest speakers including Lenders, a Home Inspector, a Real Estate Attorney, and a Down Payment Assistance Specialist! This on-demand class takes about an hour and a half to complete. [Sign up now.](#)

Debt Payment During Uncertain Times - Financial uncertainty calls for a new approach to managing money and debts. In this pre-recorded class, we discuss how to use different debt repayment strategies when money is tight. We'll look at hardship options for different types of debt (such as how to handle your car loan versus your credit card debt) and how to prioritize which debts to pay. [Sign up now.](#)