

## 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](mailto: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](mailto: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](mailto:restorationhousewnc31@gmail.com) or 828-341-5299.~~ On hold. Watch for details.

**Every other Sunday—CHA Virtual Teen Hangout.** June 12<sup>th</sup> 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:Sarah.kirkpatrick@msj.org).

**Smart Start (SS) / Local Interagency Coordinating Council (LICC) Team Meetings—**Cherokee County meets the 1<sup>st</sup> Wednesday of each month starting @ 1:00 PM; Clay County meets the 1<sup>st</sup> Thursday of each month starting @ 1:30 PM; Graham County meets the 2<sup>nd</sup> Thursday of each month starting @ 9:30 AM; Haywood County meets the 3<sup>rd</sup> Wednesday of each month starting @ 10:30 AM; Jackson County meets the 2<sup>nd</sup> Wednesday of each month starting @ 12 noon; Macon County meets the 4<sup>th</sup> Thursday of the month starting @ 12 noon; and, Swain County meets the 2<sup>nd</sup> 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](mailto: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](mailto: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](mailto: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.** 2<sup>nd</sup> 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](mailto: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](http://www.autismsociety-nc.org) or [madisonchapter@autismsociety-nc.org](mailto: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](http://www.autismsociety-nc.org) or [maconchapter@autismsociety-nc.org](mailto: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 4<sup>th</sup> 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](http://www.autismsociety-nc.org) or [cherokeechapter@autismsociety-nc.org](mailto:cherokeechapter@autismsociety-nc.org) or <http://www.facebook.com/groups/asnc.cherokee>.

**Rutherford County Support Group of Autism Society of NC:** Coffee meet-up 1<sup>st</sup> Monday at 10 am. No more walking group. Chapter meeting is the 3<sup>rd</sup> 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](http://www.autismsociety-nc.org) or [rutherfordchapter@autismsociety-nc.org](mailto:rutherfordchapter@autismsociety-nc.org) or <http://www.facebook.com/groups/asnc.rutherford>.

**Haywood County Support Group of Autism Society of NC:** 2<sup>nd</sup> 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](http://www.autismsociety-nc.org) or [haywoodchapter@autismsociety-nc.org](mailto: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](http://www.autismsociety-nc.org) along with the updated times

**Buncombe County Support Group of Autism Society of NC:** 2<sup>nd</sup> 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](http://www.autismsociety-nc.org) or [buncombechapter@autismsociety-nc.org](mailto:buncombechapter@autismsociety-nc.org) or <http://www.facebook.com/groups/asnc.buncombe>.

**Wilkes County Support Group of Autism Society of NC.** 3<sup>rd</sup> 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](http://www.autismsociety-nc.org) or [highcountrychapter@autismsociety-nc.org](mailto:highcountrychapter@autismsociety-nc.org) or <http://www.facebook.com/groups/asnc.highcountry>.

**Henderson County Support Group of Autism Society of NC.** 4<sup>th</sup> 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](http://www.autismsociety-nc.org) or [hendersonchapter@autismsociety-nc.org](mailto: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](mailto:alamar@fumc-waynesville.com)

**April 2, 2024—After the Diagnosis: Helping the Older Child Navigate the Journey (virtual, statewide).** 12 pm. Workshop objectives: To learn how autism may affect your child; To learn options that may help your child; 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 Judy Smithmyer at [jsmithmyer@autismsociety-nc.org](mailto:jsmithmyer@autismsociety-nc.org).

**April 3, 2024—An Overview of Mental Health (webinar).** 10 am to 11 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 introductory course aims to educate individuals on the most common mental health diagnoses among the aging population, along with treatment options to help overcome stigma. Variations between mental health and illness will be considered. 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-an-overview-of-mental-health-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 680 467 437#

**April 5, 2024—Achieve a Better Life Experience with the NC ABLE Program (webinar).** 12 pm. Living with a disability can add some difficulties and hurdles in life. Saving and investing should not be one of them! The NC ABLE (Achieving a Better Life Experience) Program allows individuals with the occurrence of disability prior to the age of 26, the opportunity to save and fund a variety of qualified disability expenses (QDE's) while maintaining Medicaid, SSI, SSDI and other public supports. This presentation will cover the benefits and features of the NC ABLE Program, how to determine if you are eligible for an account, contribution sources and withdrawal requirements, and more. Learn more at [NCABLE.org](http://NCABLE.org). Presenter: Zora Falkowski, Communications Officer ([zora.falkowski@nctreasurer.com](mailto:zora.falkowski@nctreasurer.com)). Follow this link to register [https://us02web.zoom.us/webinar/register/7517099288386/WN\\_V0L897SBT0-VQY1Xtk0baQ#/registration](https://us02web.zoom.us/webinar/register/7517099288386/WN_V0L897SBT0-VQY1Xtk0baQ#/registration).

**April 9, 2024—Registry of Unmet Needs Training (webinar).** 1 pm to 2:30 pm. Participants will receive an overview of NC Innovations and the Registry of Unmet Needs. On April 9, 2024, participants will learn the steps to apply for the Registry of Unmet Needs as well as become familiar with some available services under NC Innovations. This training's focus is for community members and community stakeholders. Trainers: Laura Sharpe and Jessica Edwards. Approximately one week prior to the event participants will receive a Microsoft Teams invite for this training. For information about registration please contact [training@vayahealth.com](mailto:training@vayahealth.com). Register at this link <https://www.vayahealth.com/event/registry-of-unmet-needs-training-4/>.

**April 9, 2024—Hoarding Disorder: Hidden Secrets.** 1:30 pm to 2:30 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. 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. 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/hoarding-disorder-hidden-secrets-wgamhst-6/> or call Macon County Public Library at 828-524-3600.

**April 9, 2024—Consumer and Family Advisory Committee (CFAC) Meeting.** 6 pm to 8 pm. Region 1 Counties: Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain. Sign up to make public comment by emailing your name, county of residence, and subject matter to cfac@vayahealth.com or call any CFAC support staff (1-800-893-6246). Meeting connection: Phone: 1-828-552-4129 Conference ID: 778 727 935#

**April 11, 2024—Hoarding Disorder: Hidden Secrets (webinar).** 1 pm to 2 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. 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. 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-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 179 875 006#

**April 11, 2024—Enriching Mental Health with Complementary Treatments Part 2 (Meditation, Mindfulness, Spirituality, & Yoga).** 1:30 pm to 2:30 pm. This is a free in-person event at Jackson County Public Library located at 310 Keener St, 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 Meditation, Mindfulness, Spirituality, and Yoga. 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-2-meditation-mindfulness-spirituality-yoga-wgamhst-6/> or call Jackson County Public Library 828-586-2016.

**April 12, 2024—Facing Substance Use and Misuse in Your World (webinar).** 10 am to 11 am. Substance use is a reality in every community. Possibly you or someone in your life has been impacted by the challenges of substance use and addiction. This course identifies common substances, addiction development, and their impact on families and communities. The focus is on the older adult population regarding identification, safety, treatment, and recovery. 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-facing-substance-use-and-misuse-in-your-world-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 109 795 08#

**April 12, 2024—Not as Prescribed: Effects of Medication Misuse (webinar).** 11:15 am to 12:15 am. Did you know misuse of medications is a growing problem in older adults? This course will review how the aging process can lead to unintentional misuse and adverse changes to the brain. Here, we will discuss interventions and methods available to support the reduction of this evolving concern. 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-not-as-prescribed-effects-of-medication-misuse-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 648 896 508#

**April 15, 2024—Hoarding Disorder: Hidden Secrets (webinar).** 10 am to 11 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. 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. 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-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 810 143 716#

**April 15, 2024—The Many Uses of Antidepressant Medications.** 10:30 am to 11:30 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. Antidepressants treat depression, but did you realize there are other uses for this medication? This course will examine the traditional use of antidepressant medications, potential side effects, and administration protocols. Off-label possibilities are also considered with a focus on the older population. 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/the-many-uses-of-antidepressant-medications-wgamhst-8/> or call Jackson County Senior Center at 828-586-5494.

**April 16, 2024—Facing Substance Use and Misuse in Your World (webinar).** 1:30 pm to 2:30 pm. Substance use is a reality in every community. Possibly you or someone in your life has been impacted by the challenges of substance use and addiction. This course identifies common substances, addiction development, and their impact on families and communities. The focus is on the older adult population regarding identification, safety, treatment, and recovery. 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-facing-substance-use-and-misuse-in-your-world-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 772 780 571#

**April 16, 2024—Not as Prescribed: Effects of Medication Misuse (webinar).** 2:45 pm to 3:45 pm. Did you know misuse of medications is a growing problem in older adults? This course will review how the aging process can lead to unintentional misuse and adverse changes to the brain. Here, we will discuss interventions and methods available to support the reduction of this evolving concern. 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-not-as-prescribed-effects-of-medication-misuse/> 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 330 382 126#

**April 18, 2024—Hoarding Disorder: Hidden Secrets.** 1 pm to 2 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. 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. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/hoarding-disorder-hidden-secrets-wgamhst-7/> then 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 you spam filter. Registration Required: Please register here or call Graham County Public Library 828-479-8796.

**April 18, 2024—Cherokee Children’s Coalition Children’s Fair.** 4 pm to 7 pm. Held at Old Cherokee High School Site located at 1501 Acquoni Rd, Cherokee. Celebrate Week of the Young Child. Free food, exhibitor information, games, door prizes and free swag. Completely free event. Bring along a canned food item to be entered into a drawing for a prize! All food donations will go to the Dora Reed Food Pantry.

**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.

**April 23, 2024—Hoarding Disorder: Hidden Secrets.** 1 pm to 2 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. 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. 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/hoarding-disorder-hidden-secrets-wgamhst-8/> or call Marianna Black Library 828-488-3030.

**April 25, 2024—Autism Celebration.** 4 pm to 6 pm. Held at the Old Cherokee High School site located at 1501 Acquoni Rd, Cherokee. Join us for the first annual Autism Celebration in Cherokee, NC. Free event for families raising children with autism. Food, free items, resources. For more information contact Candy Ross at [candross@ebci-nsn.gov](mailto:candross@ebci-nsn.gov). Watch for more details.

**April 25, 2024—An Overview of Mental Health (webinar).** 1 pm to 2 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 introductory course aims to educate individuals on the most common mental health diagnoses among the aging population, along with treatment options to help overcome stigma. Variations between mental health and illness will be considered. 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-an-overview-of-mental-health-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 847 609 196#

**April 29, 2024—Achieve a Better Life Experience with the NC ABLE Program (webinar).** 7 pm. Living with a disability can add some difficulties and hurdles in life. Saving and investing should not be one of them! The NC ABLE (Achieving a Better Life Experience) Program allows individuals with the occurrence of disability prior to the age of 26, the opportunity to save and fund a variety of qualified disability expenses (QDE's) while maintaining Medicaid, SSI, SSDI and other public supports. This presentation will cover the benefits and features of the NC ABLE Program, how to determine if you are eligible for an account, contribution sources and withdrawal requirements, and more. Learn more at NCABLE.org. Presenter: Jeff Hancock, Director of Supplemental Retirement Plans ([Jeff.Hancock@nctreasurer.com](mailto:Jeff.Hancock@nctreasurer.com)). Follow this link to register [https://us02web.zoom.us/webinar/register/8217099290566/WN\\_feJcFGRmR26NVs7UNHK6Ng#/registration](https://us02web.zoom.us/webinar/register/8217099290566/WN_feJcFGRmR26NVs7UNHK6Ng#/registration).

**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](http://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](mailto: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](#).

**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](#).

### **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.](#)