

## 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 other Sunday—CHA Virtual Teen Hangout.** June 12<sup>th</sup> from 11 am to 12 pm is the first one 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 3:30 PM. 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-- Jackson County Caregiver Group Meeting.** Starting at 9 AM. Held at Children’s Developmental Services Agency office located at 87 Bonnie Lane, Sylva 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.

**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/>

**Second Friday of each month—Virtual Caregiver Group Meeting.** Starting at 12:30 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 your 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 Wednesday of each month—Haywood County Caregiver Group Meeting.** Starting at 6 PM. 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.

**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 at 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.** 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](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)

**September 3, 2024—Facing the Emotional Challenges of Chronic Illness.** 2 pm. This is a free in-person event at Haywood County Public Library located at 678 S Haywood St, Waynesville, 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/ptsd-healing-the-emotional-wound-wgamhst-13/> or call Haywood County Public Library at (828) 356-2507.

**September 3, 2024—After the Diagnosis: Helping the Older Child Navigate the Journey (virtual).** 7 pm. This virtual workshop is available statewide for parents whose children were diagnosed with autism after the age of 8. 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. To register for this webinar, please email Nancy Popkin at [npopkin@autismsociety-nc.org](mailto:npopkin@autismsociety-nc.org).

**September 5, 2024—Suicide and Aging...Conversations for Life! (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. Conversations about suicide are not always comfortable; however, having the dialogue opens the door for help! This course focuses on warning signs, adaptive responses, and prevention methods for aging individuals at risk of suicide. 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-mood-stabilizing-medications-reclaiming-the-balance-wgamhst-3-3/> 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 208 385 796#

**September 10, 2024—Communication 101 (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. Communication is the string that ties us all together. If that string isn't strong enough or is broken, relationships tend to unravel. Effective communication cultivates strong relationships and supports one's voice being heard. This curriculum is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges. 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-mood-stabilizing-medications-reclaiming-the-balance-wgamhst-3-3-2-2/> 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 742 993 049#

**September 10, 2024—Navigating Depression.** 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. Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression. 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/navigating-depression-wgamhst-9/> or call Macon County Public Library at 828-524-3600.

**September 11, 2024—Innovations Stakeholder/Employer of Record (EOR) Virtual Quarterly Meeting.** 12 pm. Connect with Microsoft Teams by computer, mobile app, or telephone. Link for computer or mobile app: [tinyurl.com/2024InnovationsMeeting](https://tinyurl.com/2024InnovationsMeeting) Call-in number for audio only: 1-828-552-4129, conference ID: 459 354 049# Questions may be typed into the chat box during the meeting or submitted before the meeting by email to [innovations.stakeholder@vayahealth.com](mailto:innovations.stakeholder@vayahealth.com). We look forward to connecting with you soon!  
[Click to join the Innovations Stakeholder email group.](#)

**September 12, 2024—Navigating Depression.** 1:30 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. Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression. 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/navigating-depression-wgamhst-10/> or call Jackson County Public Library 828-586-2016.

**September 12, 2024—Communication 101 (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. Communication is the string that ties us all together. If that string isn’t strong enough or is broken, relationships tend to unravel. Effective communication cultivates strong relationships and supports one’s voice being heard. This curriculum is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges. 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-mood-stabilizing-medications-reclaiming-the-balance-wgamhst-3-3-2-2-2/> 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 309 568 294#

**September 13, 2024—Opportunities to Help During Crisis (webinar).** 10 am. An individual can experience a crisis suddenly and without warning, especially when symptoms of a mental illness are involved. As a caregiver or responder, possessing skills that support de-escalation is imperative. Did you know that you can help? This course provides information about crises in older adults, barriers to de-escalation, and specific methods of

stabilizing support. 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-opportunities-to-help-during-crisis-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 237 138 516#

**September 13, 2024—2024 Senior Celebration – Swain County.** 10 am to 2 pm. This event is a celebration of Senior Adults plus an opportunity for networking with older adult agencies. Being held at 1130 Hyatt Creek Rd, Bryson City.

**September 13, 2024—Living with Anxiety: Medications That Help (webinar).** 11:15 am. Everyone experiences anxiety at some point. When excessive, it can negatively impact one's quality of life. This course will explore medications used to treat anxiety, specifically in the aging population. Also explored will be effective therapies and potential medication side effects. 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-living-with-anxiety-medications-that-help-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 945 989 469#

**September 13, 2024—Supporting Young Children with Autism – Best Practices, Accessing Resources.** 11:30 am to 1:30 pm. Free lunch and learn event. Being held at the Event Space at Hi-Wire Brewing located at 28 Huntsman Place, Asheville. Come join us for a special event focused on supporting young children with autism. Learn about best practices and how to access resources to help children with autism thrive. This in-person event will provide valuable insights and strategies for parents, caregivers, and educators. Don't miss out on this opportunity to connect with experts and other individuals who are passionate about supporting children with autism. Lunch will be provided! Please register by 12 p.m. on Friday, September 6. Presenters: Nancy Popkin, Autism Resource Specialist. This workshop is generously supported by the Dogwood Health Trust. Questions? email [ktizzard@autismsociety-nc.org](mailto:ktizzard@autismsociety-nc.org). Follow this link to register <https://www.eventbrite.com/e/supporting-young-children-with-autism-best-practices-accessing-resources-tickets-982277657917?aff=oddtcreator>.

**September 16, 2024—Navigating Depression.** 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. Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression. 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/ptsd-healing-the-emotional-wound-wgamhst-12-2-2-2-2-2/](https://www.vayahealth.com/event/ptsd-healing-the-emotional-wound-wgamhst-12-2-2-2-2/) or call Jackson County Senior Center at 828-586-5494.



**September 16, 2024—Suicide and Aging...Conversations for Life! (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. Conversations about suicide are not always comfortable; however, having the dialogue opens the door for help! This course focuses on warning signs, adaptive responses, and prevention methods for aging individuals at risk of suicide. 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-mood-stabilizing-medications-reclaiming-the-balance-wgamhst-3-3-2/> 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 250 214 594#

**September 17, 2024—Opportunities to Help During Crisis (webinar).** 1:30 pm. An individual can experience a crisis suddenly and without warning, especially when symptoms of a mental illness are involved. As a caregiver or responder, possessing skills that support de-escalation is imperative. Did you know that you can help? This course provides information about crises in older adults, barriers to de-escalation, and specific methods of stabilizing support. 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-opportunities-to-help-during-crisis-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 655 578 867#

**September 17, 2024—Living with Anxiety: Medications That Help (webinar).** 2:45 pm. Everyone experiences anxiety at some point. When excessive, it can negatively impact one's quality of life. This course will explore medications used to treat anxiety, specifically in the aging population. Also explored will be effective therapies and potential medication side effects. 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-living-with-anxiety-medications-that-help/> 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 600 367 797#

**September 26, 2024—Navigating Depression.** 1 pm. This is a free in-person event at Macon County Senior Services located at 108 Wayah St, Franklin, facilitated by the Vaya Health Geriatric Team. CEU's are provided through NC Department of Health and Human Services. Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression. 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-9-2-2-2-2-2-2/> or call Macon County Senior Services at 828-349-2058.

**Lock Your Meds**-- Lock Your Meds® is a national campaign designed to reduce prescription drug abuse. Produced by National Family Partnership® (NFP), the campaign seeks to make adults aware of their potential to become “unwitting suppliers” to those who would abuse their prescription medications. North Carolina residents can request a FREE DETERRA MEDICATION DISPOSAL KIT, one per household address, while limited supplies last. Also available is a free locking medication box. The request forms are located at the bottom of the home page at the NC Lock Your Meds website: <https://lockyourmeds.org/nc/>.

**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

OnTrack provides financial education and classes for anyone living in WNC. Classes are offered through Zoom, in-person, and on-demand to meet people's schedules and locations. In-Person classes are provided at OnTrack WNC's Education Center at 50. S French Broad Ave at the United Way Building in downtown Asheville. Zoom classes are offered live and can be accessed by computer, tablet or phone. On-demand classes are pre-recorded and can be completed at your pace at any time.

To stay up-to-date with our current offerings,

### In-Person Classes at OnTrack

**Money Visioning & Goal Setting** - In this interactive class, participants will gain a variety of tools to put their growing money dreams into action. After participating in this class, participants will be able to build a SMART money goal, understand external factors that impact our personal finances, and identify habits that encourage financial wellness. [Sign up now.](#)

### Live, Interactive Online Classes

**Money Visioning & Goal Setting** - In this interactive class, participants will gain a variety of tools to put their growing money dreams into action. After participating in this class, participants will be able to build a SMART money goal, understand external factors that impact our personal finances, and identify habits that encourage financial wellness. [Sign up now.](#)

**Maneje Su Dinero** – En esta clase interactiva, los participantes obtendrán una variedad de herramientas para poner en acción sus sueños con el de dinero. Después de participar en esta clase, los participantes podrán construir una meta de dinero SMART, entender los factores externos que afectan a nuestras finanzas personales, e identificar los hábitos que fomenten el bienestar financiero. [¡Inscríbete ya!](#)

**Get to Know Us: OnTrack WNC Information Session** – This 30-minute information session is a perfect introduction to OnTrack's general services. There will be an in-depth overview of our counseling, education, and special programs as well as time for general questions. [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.](#)