

## 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 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 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.** 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

**Circle of Security Parenting Workshop**—8 week in person working starting June 11<sup>th</sup>. Dates for sessions will be June 11<sup>th</sup>, June 18<sup>th</sup>, June 25<sup>th</sup>, July 9<sup>th</sup>, July 16<sup>th</sup>, July 23<sup>rd</sup>, July 30<sup>th</sup>, and August 6<sup>th</sup>. Free. Each session is from 2 pm to 3:30 pm at the Children’s Developmental Services Agency located at 4400 E Hwy 64 ALT Suite C, Murphy. For more information contact Tiffany Martinez at 253.444.7493.

**June 1, 2024—Summer Reading Kickoff.** 11 am to 2:30 pm. This is a fun, free, family friendly event at Macon County Public Library. There will be a touch-a-truck, hot dog lunch while supplies last, Count von Count appearances, a Professor Whizzpop performance, and a Big Bang Boom performance. There will be community resources at this event with important information about the services they provide and giveaways! Being held at Macon County Public Library located at 149 Siler Farm Rd, Franklin.

**June 3, 2024—FREE Block Party Event.** 9:30 am. Come play with a variety of blocks and learn more about the FREE Parents as Teachers program. Being held at Region A Partnership for Children, 141 Peachtree St, Ste #5, Murphy. For more information contact Monica Matthews t 828.506.4632.

**June 4, 2024—Neurocognitive Disorders and the Basics of Dementia: Symptoms & Interventions (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. Neurocognitive disorders, often miscategorized as dementia, can be frightening, overwhelming, and complicated to understand. This course examines the four most diagnosed types of neurocognitive disorders (NCDs), symptoms, risk factors, and treatment options. 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-neurocognitive-disorders-and-the-basics-of-dementia-symptoms-interventions-wgamhst/> then click button below that says “Going” and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 928 141 66#

**June 4, 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; and to locate resources to support your family. This workshop is for parents whose children were diagnosed after the age of 8. To register for this webinar, please email Judy Smithmyer at [jsmithmyer@autismsociety-nc.org](mailto:jsmithmyer@autismsociety-nc.org).

**June 6, 2024—PTSD: Healing the Emotional Wound (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. When trauma occurs, it can have lasting effects on the person who experiences it and their caregiver. This presentation defines PTSD (Post-Traumatic Stress Disorder) and reviews the impact of trauma. Highlighted are treatment options and self-care strategies related to older adults. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU’s will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-ptsd-healing-the-emotional-wound-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 842 200 105#

**June 11, 2024—Healthy Outcomes From Positive Experiences (HOPE) (virtual).** 9:30 am to 11:30 am. HOPE-Healthy Outcomes from Positive Experiences is a new way of seeing and talking about experiences that support children’s growth and development into healthy, resilient adults. This training will provide an overview of Type I and Type II thinking, Adverse Childhood Experiences (ACEs) and their effects on an individual’s overall mental health and well-being. The learner will be introduced to Positive Childhood Experiences (PCEs) which includes the four Building Blocks of the HOPE Framework. Audience: This training is recommended for community stakeholders that work with children, youth, and families. This virtual training is provided at no cost. The Microsoft Teams link will be emailed to you within a week of the training. Follow this link to register <https://www.vayahealth.com/event/healthy-outcomes-from-positive-experiences-hope/>.

**June 11, 2024—Opportunities to Help During Crisis.** 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. 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. 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/opportunities-to-help-during-crisis-wgamhst-5/> or call Macon County Public Library at 828-524-3600.

**June 11, 2024—CFAC Meeting—Region 1 (virtual).** 6 pm to 8 pm. Consumer and Family Advisory Committee (CFAC) Meeting 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](mailto: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#

**June 12, 2024—Facing the Emotional Challenges of Chronic Illness.** 11 am to 12 pm. This is a free event at Hudson Library located at 554 Main St, Highlands, 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/an-overview-of-mental-health-wgamhst-4-2/> or call Hudson Library 828-526-3031.

**June 12, 2024—Early Childhood Transitions.** 5 pm. Families preparing for early childhood transitions – from one educational setting to another – can be experiencing any number of emotions from excitement to uncertainty. During this session, we will discuss the different parts of the transition process as well as how to prepare for these. Follow this link to register [https://us02web.zoom.us/webinar/register/2717146753912/WN\\_8gJRostAS3aavAjb94tG\\_g#/registration](https://us02web.zoom.us/webinar/register/2717146753912/WN_8gJRostAS3aavAjb94tG_g#/registration).

**June 13, 2024—Enriching Mental Health with Complementary Treatments Part 4 (Animal-Assisted Therapy, Art, & Laughter).** 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 Animal-Assisted Therapy, Art, and Laughter. 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-4-animal-assisted-therapy-art-laughter-wgamhst-3/> or call Jackson County Public Library 828-586-2016.

**June 14, 2024—Neurocognitive Disorders and the Basics of Dementia-Top 4 Part 1 (webinar).** 10 am to 11 am. Neurocognitive disorders, often miscategorized as dementia, can be frightening, overwhelming, and complicated to understand. This course examines the four most diagnosed types of neurocognitive disorders (NCDs), symptoms, risk factors, and treatment options. 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-neurocognitive-disorders-and-the-basics-of-dementia-top-4-part-1-egamhst/> 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 941 248 011#

**June 14, 2024—Neurocognitive Disorders and the Basics of Dementia-Top 4 Part 2 (webinar).** 11:15 am to 12:15 pm. Neurocognitive disorders, often miscategorized as dementia, can be frightening, overwhelming, and complicated to understand. This course examines the four most diagnosed types of neurocognitive disorders (NCDs), symptoms, risk factors, and treatment options. 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-neurocognitive-disorders-and-the-basics-of-dementia-top-4-part-2-egamhst/> 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 100 333 186#

**June 17, 2024—Enriching Mental health with Complimentary Treatments Part 2 (Meditation, Mindfulness, Spirituality, & Yoga).** 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. 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/ptsd-healing-the-emotional-wound-wgamhst-12-2/> or call Jackson County Senior Center at 828-586-5494.

**June 17, 2024—Neurocognitive Disorders and the Basics of Dementia: Symptoms & Interventions (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. Neurocognitive disorders, often miscategorized as dementia, can be frightening, overwhelming, and complicated to understand. This course examines the four

most diagnosed types of neurocognitive disorders (NCDs), symptoms, risk factors, and treatment options. 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-neurocognitive-disorders-and-the-basics-of-dementia-symptoms-interventions-wgamhst-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 496 063 901#

**June 18, 2024—PTSD: Healing the Emotional Wound (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. When trauma occurs, it can have lasting effects on the person who experiences it and their caregiver. This presentation defines PTSD (Post-Traumatic Stress Disorder) and reviews the impact of trauma. Highlighted are treatment options and self-care strategies related to older adults. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-ptsd-healing-the-emotional-wound-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 539 680 60#

**June 18, 2024—Rethinking Guardianship, Exploring Less Restrictive Options (webinar).** 12 pm to 1:30 pm. According to the National Council on Disability Report (2019), "For a variety of reasons, youth with I/DD are disempowered by schools actively encouraging guardianship to the exclusion of less restrictive alternatives and not providing families and students with sufficient information about the availability of a full continuum of decision-making supports." Now with the passage of NC State Law 2023-124, anyone petitioning for guardianship will have to explain what less restrictive alternatives they have tried and why they are not sufficient to support individuals in making decisions. During this session, participants will be introduced to the concepts of choice and self-determination; NC's adult guardianship system and new law, enacted January 2024. Participants will also learn about the ongoing work of Rethinking Guardianship NC; and how decision-making rights can be retained or regained through less restrictive alternatives. Follow this link to register [https://us02web.zoom.us/webinar/register/3217153663488/WN\\_N-eGKU8SRitIDINvJKuDA#/registration](https://us02web.zoom.us/webinar/register/3217153663488/WN_N-eGKU8SRitIDINvJKuDA#/registration).

**June 18, 2024—Neurocognitive Disorders and the Basics of Dementia Top 4 Part 1 (webinar).** 1:30 pm to 2:30 pm. Neurocognitive disorders, often miscategorized as dementia, can be frightening, overwhelming, and complicated to understand. This course examines the four most diagnosed types of neurocognitive disorders (NCDs), symptoms, risk factors, and treatment options. 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-neurocognitive-disorders-and-the-basics-of-dementia-top-4-part-1-egamhst-2/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 122 796 342#

**June 18, 2024—Neurocognitive Disorders and the Basic of Dementia Top 4 Part 2. (webinar).** 2:45 pm to 3:45 pm. Neurocognitive disorders, often miscategorized as dementia, can be frightening, overwhelming, and

complicated to understand. This course examines the four most diagnosed types of neurocognitive disorders (NCDs), symptoms, risk factors, and treatment options. 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-neurocognitive-disorders-and-the-basic-of-dementia-top-4-part-2-egamhst/> 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 943 155 067#

**June 20, 2024—Enriching Mental Health with Complementary Treatments Part 2 (Meditation, Mindfulness, Spirituality, & Yoga).** 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. 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-7/> or call Graham County Public Library 828-479-8796.

**June 25, 2024—Enriching Mental Health with Complementary Treatments Part 2 (Meditation, Mindfulness, Spirituality, & Yoga).** 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. 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, & 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 folder. Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-2-meditation-mindfulness-spirituality-yoga-wgamhst-8/> or call Marianna Black Library 828-488-3030.

**June 25, 2024—Rethinking Guardianship, Exploring Less Restrictive Options (webinar).** 7 pm to 8:30 pm. According to the National Council on Disability Report (2019), "For a variety of reasons, youth with I/DD are disempowered by schools actively encouraging guardianship to the exclusion of less restrictive alternatives and not providing families and students with sufficient information about the availability of a full continuum of decision-making supports." Now with the passage of NC State Law 2023-124, anyone petitioning for guardianship will have to explain what less restrictive alternatives they have tried and why they are not sufficient to support individuals in making decisions. During this session, participants will be introduced to the concepts of choice and self-determination; NC's adult guardianship system and new law, enacted January 2024. Participants will also learn about the ongoing work of Rethinking Guardianship NC; and how decision-making rights can be retained or regained through less restrictive alternatives. Follow this link to register [https://us02web.zoom.us/webinar/register/3017156091873/WN\\_Hx6yGacAS22n-X9UyZ1S9g#/registration](https://us02web.zoom.us/webinar/register/3017156091873/WN_Hx6yGacAS22n-X9UyZ1S9g#/registration).

**June 27, 2024—Enriching Mental Health with Complementary Treatments Part 1 (Color, Music, & Nutrition).** 1 pm to 2 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. This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Color, Music, and Nutrition. If you would like to attend this event, please click button below that says "Going" and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter. Registration Required: Please register here <https://www.vayahealth.com/event/hoarding-disorder-hidden-secrets-wgamhst-9-2-2-2/> or call Macon County Senior Services at 828-349-2058.

**August 3, 2024--Swain County Back to School Bash 2024.** 10 am to 12 pm. Swain County Congregations for Children will hold a Back to School Bash at the Swain County High School track. The goal is to provide information about community organizations as well as needed school supplies for our Pre-K to 5th grade students.

**August 3, 2024—Jackson County Back to School event.** 10 am to 2 pm at the Cullowhee Rec Center.

**August 6, 2024—Supporting Young Children with Autism: Best Practices, Accessing Resources and Services workshop.** 6 pm to 8 pm. Parents, caregivers, and professionals are welcome. Being held at Cherokee Central Schools located at 86 Elk Crossing Lane, Cherokee. List dinner will be provided. If you have questions or want to learn more, contact Louise Southern at [southern@autismsociety-nc.org](mailto:southern@autismsociety-nc.org). Deadline to register is May 15, 2024. To register follow this link: <https://www.eventbrite.com/e/supporting-young-children-with-autism-best-practices-accessing-resources-tickets-880969552647?aff=oddtcreator>

**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.**

- Thursday, June 6, 2024, 5:00pm – 6:30pm

**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!**

- Viernes, Junio 7, 2024, 12:00pm – 1:30pm

**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.](#)