

# REGIONAL RESOURCES AND SUPPORT

*These are not hosted/sponsored by RAPC or Family Support Network*

## Mother's Connection

Every Wednesday | 9 am to 11 am | Harris Region Hospital | 51 Eastgate Dr, Sylva

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.

## Western NC Support Group Meeting

2<sup>nd</sup> Monday of Each Month | 12 pm – 1 pm | Virtual

This support meeting is geared for families in western NC who have a loved one with autism. Folks join to share experiences, challenges and successes. We discuss what resources are helping and what needs there are.

You are invited to a Zoom meeting, please register in advance for this meeting:

[us06web.zoom.us/meeting/register/tZlkfu-prDstHNxuws4BOBPZye1IpNISJXmj](https://us06web.zoom.us/join/zoom/register/tZlkfu-prDstHNxuws4BOBPZye1IpNISJXmj)

After registering, you will receive a confirmation email containing information about joining the meeting. Please contact Meleah Lowe, ASNC Support Groups Specialist at [mloew@autismsociety-nc.org](mailto:mloew@autismsociety-nc.org) if you have questions about this virtual support group meeting for the western NC region.

## Grief Support Group

2<sup>nd</sup> Tuesday of Each Month | 6:30 pm | Harris Regional Health and Fitness Center | 7 Leroy George Dr, Clyde

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://www.theshareproject.org/events/>.

## Outreach Support Group

3<sup>rd</sup> Tuesday of Each Month | 6:30 pm | Harris Regional Health and Fitness Center | 7 Leroy George Dr, Clyde

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/>



# Haywood County Support Group of Autism Society of NC

2<sup>nd</sup> Tuesday of each month | 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.

## Resources for Resilience

### Listening Circles for WNC Residents

Big events can hit us hard and affect us in many ways. Listening Circles help us name what is most difficult about them and practice tools that can help with the stress, right now. Join us as we lean on one another and highlight what is getting us through this difficult time. Wednesday 12 pm to 1 pm through January 15, 2025. No sign up needed. Visit [bit.ly/WNCListens](http://bit.ly/WNCListens) or call 646-876-9923 (ID 847 0135 3002)

### Reconnecting Through Hard Times

Turn good intentions into real support at Reconnecting through Hard Time. This 1-hour training offers simple, powerful strategies to help others after a crisis. You'll gain an understanding of how hard times affect us all and learn what to do and say when it matters most. Tuesdays 11 am to 12 pm through January 14, 2025. No sign up needed. Visit [bit.ly/WNCReconnecting](http://bit.ly/WNCReconnecting) or call 646-876-9924 (ID 859 8501 0699)

## On Track WNC Educational Classes

Our classes are **offered in-person, via Zoom, and on-demand**. Our in-person classes are provided at our office, located at: [50 South French Broad Avenue, Suite 227, Asheville NC, 28801](#)

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

### Live Zoom & In-Person Class Offerings

*We'd love to see you! Click on the class name below to see available dates & register.*

#### [Money Visioning & Goal Setting](#)

Envision resilience and identify habits that encourage financial wellness in this interactive and fun class. This is a shame-free space to set your money intentions!

- When: Multiple classes held every month
- Where: In-Person
- How Long: 1.5 hours
- Cost: FREE

#### [Homebuyer Education](#)

Are you considering buying your first home within the next couple of years? Are you participating in a homebuyer program that requires a homebuyer education certificate? This is THE class for you!

- When: One Saturday per month
- Where: In-Person
- How long: 7 hours
- Cost: \$75 (covers registration, snacks, and materials)

#### Self-Paced, On-Demand Classes

*These classes are pre-recorded. Complete them at your own pace.*

#### [Money Foundations](#)

- Learning the foundations of basic money management helps us better understand our financial goals and habits. This class covers best practices, from budgeting to spend and saving to survive surprise expenses.
- FREE

#### [Credit: How to Build and Repair Your Credit Score](#)

- What is credit? Why is it important? Learn about ways to build your credit score from the ground up or improve it to reach your financial goals.
- FREE

### Homebuyer Education

- Explore the process of buying a home, from the early planning stages through closing. Offered through eHome America. Takes approximately 8 hours.
- \$100 (per household)

### 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 downpayment assistance specialist. Takes approximately 1.5 hours.
- FREE

### Debt Payment During Uncertain Times

- Financial uncertainty calls for a new approach to managing money and debts. We'll discuss how to use different debt repayment strategies and hardship options.
- FREE

## Free Family-to-Family Virtual Workshop Series for Parents

Join our FREE interactive Family-to-Family virtual workshop series focusing on services for children aged birth to kindergarten who have developmental delays, autism, and / or other disabilities.

Topic experts from the Autism Society of North Carolina, Family Support Network of NC, North Carolina Navigating Care, and other organizations will help to address parent needs and concerns.

What will you gain from the workshops? Knowledge of resources to help advocate for your children and family, connections to a community of caregivers, and strategies and solutions to common challenges.

What do you need to participate? These interactive sessions on Zoom allow participants to share ideas and resources using the Project ECHO model of “all teach, all learn.”

*Participant engagement is essential. You will need a computer or smartphone with working internet and a functioning webcam.*

Zoom sessions are Thursdays from 12 pm to 1:30 pm on the following days:

- January 09 - Orientation
- January 16 - Self Care and Processing the Diagnosis
- January 23 - Building a Support Network

- January 30 - Ways to Support Your Child at Home
- February 06 - Essentials of IFSP, IEP, and 504
- February 13 - Behavior Management
- February 20 - Finding Resources.

Space is limited. Register by January 03, 2025, at [bit.ly/3UQMyRk](https://bit.ly/3UQMyRk)

Questions, please contact Julie Williams-Swiggett at [Julie\\_williams\\_swiggett@med.unc.edu](mailto:Julie_williams_swiggett@med.unc.edu).

## Exceptional Children's Assistance Center

The Exceptional Children's Assistance Center (ECAC) provides resources and assists families navigate the special education system, know their rights, and use their voice. We provide information, support, training and resources to assist families caring for children with special needs from birth to age 26.

We also support young adults with disabilities in becoming self-advocates and leaders and the educators and professionals who serve them.

As parents of special needs children, we understand. ECAC's Parent Educators are parents of children with special needs. We approach this work with practical knowledge and personal experience.

We know that families are their child's first and most influential teachers. We assist families in also becoming their child's best advocate in school, the community and in life.

Visit the website to learn more about ECAC, the support and resources offered as well as the workshops offered. <https://www.ecac-parentcenter.org/>.

## Enriching Mental Health with Complementary Treatments Part 1

January 10, 2025 | 10 am to 11 am | Virtual

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.

Join us to explore topics from nutrition to mindfulness and many in between.

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 are provided. Follow this link to RSVP

<https://www.vayahealth.com/event/webinar-enriching-mental-health-with-complementary-treatments-part-1-egamhst/> then click the button below to attend webinar.

When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

## Enriching Mental Health with Complementary Treatments Part 2

January 10, 2025 | 11:15 am to 12:15 pm | Virtual

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.

Join us to explore topics from nutrition to mindfulness and many in between.

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 are provided.

Follow this link to RSVP <https://www.vayahealth.com/event/webinar-enriching-mental-health-with-complementary-treatments-part-2-egamhst/> then click the button below to attend webinar. When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

## Enriching Mental Health with Complementary Treatments Part 1

January 21, 2025 | 1:30 pm to 2:30 pm | Virtual

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.



Join us to explore topics from nutrition to mindfulness and many in between.

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 are provided.

Follow this link to RSVP <https://www.vayahealth.com/event/webinar-enriching-mental-health-with-complementary-treatments-part-1-egamhst-2/> then click the button below to attend webinar. When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

## Enriching Mental Health with Complementary Treatments Part 2

January 21, 2025 | 2:45 pm to 3:45 pm | Virtual

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.

Join us to explore topics from nutrition to mindfulness and many in between.

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 are provided.

Follow this link to RSVP <https://www.vayahealth.com/event/webinar-enriching-mental-health-with-complementary-treatments-part-2/> then click the button below to attend webinar. When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

## Communication 101

January 28, 2025 | 1 pm to 2 pm | Graham County Public Library | 80 Knight St, Robbinsville NC

This is a free in-person event at Graham County Public Library, facilitated by the Vaya Health Geriatric Team. Contact Hours 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.

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/communication-101-wgamhst-1-28-25/> or call Graham County Public Library at (828) 479-8796.