

REGIONAL MEETINGS & SUPPORT

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

Second 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-prDstHNxuws4BOBPZye1lpNISJXmj

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

Grief Support Group

Second 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

Third Tuesday of each month | 6:30 pm | Harris Regional Health and Fitness Center
7 Leroy George Dr, Clyde

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

Second 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 or haywoodchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.haywood>. All meetings that do occur will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org" along with the updated times

Resources for Resilience Listening Circles

Resources for Resilience Listening Circles are an online forum where parents, caregivers, teachers, and school staff can connect with each other and talk about what is stressful for them right now. Our trained facilitators then offer concrete tools designed to help them de-stress and highlight what is getting them through this time of individual and community difficulty.

Beginning October 5, Listening Circles will be available throughout the day, Monday through Friday. Participants are welcome to drop in on any day or at any time, and they may participate as often as they would like. There is no registration required nor is there a prerequisite to attend. To access the full fall calendar, including links to each Zoom session, please visit <http://tiny.cc/RFRCalendar>.

Resources for Resilience will be hosting distinct Black-Led Listening Circles, exclusively for Black and African-American community members on:

Mondays from 6:00-7:00 pm and Wednesdays from 7:00-8:00 pm (from October 5th through December 16th (excluding the week of Thanksgiving.)

RFR will be hosting Spanish-Language Listening Circles for Spanish-speaking participants on:

November 6th 1:30-2:30 pm

November 19th 12:30-1:30 pm

December 2nd 12:30-1:30 pm

December 7th 6:00-7:00 pm

Our Listening Circles are intended to promote compassion, connection, healing, and resilience in ourselves and our communities. All other Listening Circle days and times are open to everyone (all staff, parents, and caregivers; BIPOC, white, non-white.)

On Track WNC Educational Classes

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.

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.](#)

Treating Dementia: Medications and More

October 1, 2024 | 2 pm to 3 pm | Haywood County Public Library
678 S Haywood St, Waynesville

This is a free in-person event at Haywood County Public Library facilitated by the Vaya Health Geriatric Team. CEU's are provided through NC Department of Health and Human Services. Dementia can be a complex journey for the caregiver and care recipient. As research continues to reveal more, it's imperative to remain informed to provide the best care. This presentation focuses on current medications and treatment protocols for the most diagnosed neurocognitive disorders.

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-13-3/> or call Haywood County Public Library at (828) 356-2507.

Navigating Depression

October 2, 2024 | 10 am | Virtual

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. 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. 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-3-3-2-2-2-2/> 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 844 041 202#

Anxiety: Managing Nervous Energy

October 3, 2024 | 8 am to 5 pm | Virtual

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. A growing number of individuals report experiencing anxiety symptoms in recent years. This course examines anxiety as it disproportionately affects the aging population. Traditional and alternative treatments will be the focus of symptom management.

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-anxiety-managing-nervous-energy-wgamhst-2/2024-10-03/> 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 570 739 969#

Registry of Unmet Needs Training

October 8, 2024 | 1 pm to 2:30 pm

Participants will receive an overview of NC Innovations and the Registry of Unmet Needs. On October 8, 2024, participants will learn the steps to apply for the Registry of Unmet Needs as well as become familiar with some available services under NC Innovations. This training’s focus is for community members and community stakeholders.

Trainers: Julie Davis and Beth Pfister. Approximately one week prior to the event participants will receive a Microsoft TEAMS invite for this training. For more information about registration please contact training@vayahealth.com.

OCD: Thought-Behavior Cycle

October 8, 2024 | 1:30 pm | Macon County Public Library

149 Siler Farm Rd, Franklin

This is a free in-person event at Macon County Public Library, facilitated by the Vaya Health Geriatric Team. CEU's are provided through NC Department of Health and Human Services. When intrusive thoughts create increased anxiety and overwhelming emotion, it can lead to compulsive behavior. This thought-behavior cycle can be overpowering to individuals, negatively affecting one's ability to function in daily life. This class focuses on obsessive-compulsive disorder symptoms and evidence-based treatment options.

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/ocd-thought-behavior-cycle-wgamhst-5/> or call Macon County Public Library at 828-524-3600.

Neurocognitive Disorders and the Basics of Dementia

October 9, 2024 | 11 am | Hudson Library
554 Main St, Highlands

This is a free event at Hudson Library, facilitated by the Vaya Health Geriatric Team. CEU's are provided through NC Department of Health and Human Services. A course designed to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment.

If you would like to attend this event, please click button below that says "Going" and complete the form.

Registration Required: Please register here <https://www.vayahealth.com/event/neurocognitive-disorders-and-the-basics-of-dementia->

[wgamhst/](https://www.wgamhst/) or call Hudson Library 828-526-3031. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam folder.

OCD: Thought-Behavior Cycle

October 10, 2024 | 1 pm | Virtual

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 intrusive thoughts create increased anxiety and overwhelming emotion, it can lead to compulsive behavior. This thought-behavior cycle can be overpowering to individuals, negatively affecting one's ability to function in daily life. This class focuses on obsessive-compulsive disorder symptoms and evidence-based 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-ocd-thought-behavior-cycle-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 787 585 112#

Understanding Schizophrenia and Psychosis

October 11, 2024 | 10 am | Virtual

People living with schizophrenia and other psychotic disorders have been misunderstood throughout history. In this presentation, the focus is on the manifestation of symptoms, causality, and risk factors. We'll also explore ways to support and treat an individual experiencing psychosis.

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 folder. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-understanding-schizophrenia-and-psychosis-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 the event. Phone number is: 828-552-4129 and the code is 947 410 201#.

Antipsychotics: Indications, Risks and Challenges

October 11, 2024 | 11:15 am | Virtual

The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic.

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 this 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 folder. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-antipsychotics-indications-risks-and-challenges-egamhst/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page on the attendee link to attend the event.

We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 368 805 461#.

Understanding Schizophrenia and Psychosis

October 15, 2024 | 1:30 pm | Virtual

People living with schizophrenia and other psychotic disorders have been misunderstood throughout history. In this presentation, the focus is on the manifestation of symptoms, causality, and risk factors. We'll also explore ways to support and treat an individual experiencing psychosis.

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 folder. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-understanding-schizophrenia-and-psychosis-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 the event. Phone number is: 828-552-4129 and the code is 770 596 654#.

Antipsychotics: Indications, Risks and Challenges

October 15, 2024 | 2:45 pm | Virtual

The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic.

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 this 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 folder. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-antipsychotics-indications-risks-and-challenges-egamhst-4/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page on the attendee link to attend the event.

We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 541 865 1#.

Enriching Mental Health with Complementary Treatments Part 3 (Acupuncture, Aroma Therapy, Essential Oils, & Massage)

October 17, 2024 | 1 pm | Graham County Public Library

80 Knight St, Robbinsville

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

CEU's are provided through NC Department of Health and Human Services.

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Acupuncture, Aroma Therapy, Essential Oils, and Massage.

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-3-acupuncture-aroma-therapy-essential-oils-massage-wgamhst/> or call Graham County Public Library at 828-479-8796.

OCD: Thought-Behavior Cycle

October 21, 2024 | 10 am | Virtual

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 intrusive thoughts create increased anxiety and overwhelming emotion, it can lead to compulsive behavior. This

thought-behavior cycle can be overpowering to individuals, negatively affecting one's ability to function in daily life.

This class focuses on obsessive-compulsive disorder symptoms and evidence-based 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-ocd-thought-behavior-cycle-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 449 432 995#

Enriching Mental Health with Complementary Treatments Part 3 (Acupuncture, Aroma Therapy, Essential Oils, & Massage)

October 21, 2024 | 10:30 am | Jackson County Senior Center
100 County Services Park Dr, Sylva

This is a free in-person event at Jackson County Senior Center 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 Acupuncture, Aroma Therapy, Essential Oils, and Massage.

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-3-acupuncture-aroma-therapy-essential-oils-massage-wgamhst-3/> or call Jackson County Senior Center at 828-586-5494.

Communication 101

October 24, 2024 | 1 pm | Macon County Senior Services
108 Wayah St, Franklin

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 folder.

Registration Required: Please register here <https://www.vayahealth.com/event/communication-101-wgamhst/> or call Macon County Senior Services at 828-349-2058.

Navigating Depression

October 29, 2024 | 1 pm | Virtual

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. 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. 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-navigating-depression-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 103 046 415#