

REGIONAL MEETINGS & SUPPORT *(not hosted by RAPC)*

Mountain Child Care Connections

We can help you find quality childcare. Serving these western North Carolina Counties: Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Polk, Rutherford, Swain & Transylvania. Free and Confidential. We offer: individualized referrals and consultations; information on over 345 available programs in western NC; types of care available; smart tips for choosing a quality program; and information on fees and fee assistance programs. Information available for finding full-time, part-time, wraparound, afterschool, or summer care. Connecting with an early childhood educator. Call for a one-on-one session Monday through Friday, 8 am to 5 pm. Or do your own search available online 24/7, <https://stage.worklifesystems.com/parent/2>. Mountain Child Care Connections 877.752.5955 or 828.354.0107. A subsidiary of Southwestern Child Development Commission.

TePodemos ayudarle a encontrar guarderías de calidad. Atendemos a estos condados del occidente de Carolina del Norte: Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Polk, Rutherford, Swain y Transylvania. Gratis & confidencial. Ofrecemos: referencias y consultas individualizadas; información sobre más de 345 programas disponibles en el occidente de Carolina del Norte; tipos disponibles de cuidado; consejos útiles para escoger un programa de calidad; información de pagos y programas de asistencia de pagos. Información disponible para cuidado después del horario de clases, o en verano, a tiempo completo, parcial y envolvente. Conectar con un(a) educado(a) de educación temprana. Llame para una sesión personal lunes a viernes, 8:00 a. m. a 5:00 p. m. Investiga por ti mismo(a) disponible en línea 24/7 <https://stage.worklifesystems.com/parent/2>. Mountain Child Care Connections: 877.752.5955 o 828.354.0107. Una subsidiaria de la Comisión de Desarrollo Infantil.

Hope4NC

Hope4NC is North Carolina's crisis counseling program mobilized to help communities as they recover from the devastating impacts of Hurricane Helene through:

- Individual Crisis Outreach and Support
- Group Crisis Outreach
- Public Education
- Community Networking and Support
- Assessment, Referral, and Resource Connections

Our **Hope4NC Helpline** has been activated and is free, confidential, and available 24/7. Call **1-855-587-3463**

Crisis Counselors at LMEs/MCOs are covering the affected counties to

- offer emotional and educational support to disaster survivors experiencing stress, emotional fatigue, a mental health crisis, or just need to talk
- link survivors with resources to aid them with their recovery and rebuilding plans
- assist with disaster preparedness

Vaya Health and Partners Health are expanding their referral and support networks and want to work with organizations serving older adults, children and youth, people with disabilities, people with a

history of substance use or mental health conditions, tribal populations, first responders, people with limited English proficiency, and others.

For more information on Hope4NC or to connect with local LMEs, contact Fiorella Horna, Special Populations Program Manager via email at fiorella.horna@dhhs.nc.gov

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

2nd 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](https://us06web.zoom.us/join/zoom/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

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/>

Support Groups of Autism Society of NC

Please refer to the Autism Society of North Carolina at www.autismsociety-nc.org to find a support group in your county.

Parents and Caregivers of Teens Support Group

Every 2nd and 4th Tuesday

6pm to 7:30 pm

Virtual

For any adult caring for a loved one ages 12 to 18 who is navigating mental health challenges. For more information and to get the QR code to register, contact info@namiwnc.org or 828-505-7353.

On Track WNC Educational Classes

Our workshops are free, 1.5 long—with the exception of our All-Day Homebuyer Workshop—and are offered in-person or via Zoom. Interpretation available upon request. Email info@ontrackwnc.org to request interpretation services. All in-person workshops are provided at our Asheville office., located at: 50 South French Broad Avenue, Suite 222, 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 this link to view the calendar and links to classes.

<https://ontrackwnc.org/what-we-do/workshops.html>

Understanding Credit

Credit is...complicated. Let's unpack it together! Learn what you can do to build it, improve it, and how to plan for future financial goals.

- **Duration:** 1.5 hours
- **Cost:** FREE

Money Foundations

Discover habits and strategies to build financial confidence and stability. This workshop is perfect for beginners or anyone looking to get back to basics.

- **Duration:** 1.5 hours

- **Cost:** FREE

Money Visioning & Goal Setting

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

- **Duration:** 1.5 hours
- **Cost:** FREE

Dealing with Debt

Join us to demystify debt in a shame-free, nonjudgmental space. It's never too late to face your money and make a plan to manage, pay down, or resolve personal debt.

- **Duration:** 1.5 hours
- **Cost:** FREE

Preparing for Homeownership

Take your first step toward homeownership by learning strategies to become mortgage ready.

- **Duration:** 1.5 hours
- **Cost:** FREE

First Time Homebuyer

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 workshop for you!

- **Duration:** 7 hours
- **Cost:** \$100 (covers registration, materials, and snacks)

The classes listed below are free and pre-recorded. Complete them at any time at your own pace.

<https://ontrackwnc.org/what-we-do/on-demand-classes.html>

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 - 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

Legal Aid of NC

At Legal Aid of North Carolina, we believe that justice is the foundation of strong families and safe communities. Every day, we stand with neighbors facing overwhelming challenges—from domestic violence to unlawful eviction—offering not just legal help, but hope and a path to stability. Legal Aid of NC helps with disaster relief, housing, family law, employment, education, government benefits, domestic violence and sexual assault, consumer issues, and other areas. Visit this link for the Legal Aid of NC Justice Hub <https://legalaidnc.org/2026/01/06/legal-aid-of-north-carolina-launches-justicehub-a-new-statewide-intake-system-to-make-access-to-justice-faster-and-easier/> or follow this link to get started with help. <https://legalaidnc.org/justicehub/>.

Exceptional Children's Assistance Center

The Exceptional Children's Assistance Center (ECAC) provides resources and assists families to 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 children'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/>.

Autism Society of North Carolina

The Autism Society of North Carolina improves the lives of Individuals with autism-- Our services and programs are tailored to the unique needs of individuals with autism. We enable them to have healthy, safe, and fulfilling lives in their own communities. Our expertise helps individuals – many of whom have significant lifelong needs – be as independent as possible and achieve their goals and dreams; supports their families--Autism Resource Specialists are often the first people parents talk to after their child is diagnosed. We help families connect with resources, keep their children safe, find services, and resolve school issues. We also provide guidance on lifelong issues including employment, residential options, and planning for children's needs beyond parents' lives; and educates communities-- Our training for professionals such as doctors and teachers has increased the quality of care for individuals with autism. We advocate for the needs of the autism community with state policymakers. Our education efforts have increased public awareness of autism and helped NC have a lower average age of diagnosis than the U.S. Find information, workshops, resources, and much more at <https://www.autismsociety-nc.org>.

Child and Family Teams 1 Revised Training (CFT)

August 5 & 6, 2026

9 am to 4 pm each day

Virtual

This free, virtual course provides 11 contact hours of training related to System of Care and the CFT process; gives parents, caregivers, and professionals an overview of CFT meetings from the family's perspective; and teaches strategies and facilitation skills to support youth and families. To receive credit for the training, participants must attend both full days (9 a.m. – 4 p.m.) and have their cameras

on with audio capability. This training is intended for members/recipients and providers within the Vaya region and network. Only three individuals from each provider organization may register. Attendance is capped at 28 attendees. Participants will receive a link to the training a few days before the event. If you have questions, email provider.training@vayahealth.com.

Como puedo Ayudar a mi hijo

August 5, 2026

10 am

La Sociedad de Autismo de Carolina del Norte invita a padres y profesionales a esta charla gratuita en español por Zoom que explica el impacto del Autismo y será presentado por Vanessa Vasquez, Especialista Bilingüe de los Recursos del Autismo. Objetivos: • Que es el Autismo; • Estrategias para ayudar a mi hijo; y • Recursos y programas disponibles.

Regístrese usando este enlace del

Zoom: us06web.zoom.us/join/9193024625

Para información sobre este seminario web y recursos en Español contacte a Mariela Maldonado, Coordinador Senior de Alcance y Apoyo a la Comunidad Hispana, 919-302-4625 o, por email, mmaldonado@autismsociety-nc.org

The Autism Society of North Carolina invites you to this presentation, only in Spanish, explaining what autism is and autism resources and services. Bilingual Autism Resource Specialist Vanessa Vazquez will make this presentation. Free registration using this

link us06web.zoom.us/join/9193024625. Please share this link with Hispanic families. For more information and resources in Spanish, email Mariela Maldonado, Senior Hispanic Outreach and Support Coordinator at mmaldonado@autismsociety-nc.org.

Self-Care: Learning to Live Well, Work Well

August 5, 2026

10:30 am to 11:30 am

Jackson County Senior Center

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's, Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC Department of Health and Human Services. This training supports care providers in recognizing stress, understanding its impact, and developing practical self-care routines. Participants will explore how prioritizing their own well-being leads to more sustainable and effective care for others. 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/self-care-learning-to-live-well-work-well-w-heart8-5-26/> or call Jackson County Senior Center at (828)586-5494.

After the Diagnosis: Helping the Older Child Navigate the Journey

August 5, 2026

12 pm

Virtual

This webinar is intended for parents whose children were diagnosed with autism **after the age of eight**. Workshop objectives: To learn how autism may affect your child; To learn options that may help your child; and To locate resources to support your family. To register for this virtual event, please

email Judy Smithmyer at jsmithmyer@autismsociety-nc.org. *If your child is recently diagnosed but eight years old or younger, please look for After the Diagnosis: Get Help, Get Answers, Get Going webinars on our **calendar**.*

Navigating Depression

August 5, 2026

1 pm to 2 pm

Virtual

This is a free, interactive virtual event hosted by the Vaya Health's, Health Education and Aging Resource Team (HEART). Course Interaction: The live webinar format encourages active participation. Both attendees and presenters can ask questions throughout the session, promoting a dynamic and engaging learning experience. Course Completion and Contact Hours: To qualify for Contact Hour credit, participants must be punctual, sign in at the beginning, attend the entire session, and complete a course evaluation. This is a 1-hour course, and partial credit will not be granted. After submitting the evaluation, certificates of completion will be emailed to participants. Contact Hours are accredited through the North Carolina Department of Health and Human Services. Closed Captioning is available in Spanish. Los subtítulos están disponibles en español. Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-navigating-depression-w-heart8-5-26/> then click button below that says "Going" and complete the form. **RSVP is required to attend this event.** After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 320 968 588#

NC Innovations Waiver and Waitlist Training

August 6, 2026

10 am to 12 pm

Virtual

Participants will receive an overview of NC Innovations and the waitlist. Participants will learn the steps to apply for the waitlist as well as become familiar with some available services under NC Innovations. This training is intended for community stakeholders. Trainers: Beth Pfister and Julie Davis. Approximately one week prior to the event participants will receive a Microsoft Teams invite for this training. For information about registration please contact training@vayahealth.com. To register, please follow this link <https://www.vayahealth.com/event/nc-innovations-waiver-and-waitlist-training-3/> then click Going.

Navigating Depression

August 11, 2026

1:30 pm to 2:30 pm

Macon County Public Library

This is a free in-person event at Macon County Public Library located at 149 Siler Farm Rd, Franklin, facilitated by the Vaya Health's Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC Department of Health and Human Services. Depression is common in older

adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/navigating-depression-w-heart-8-11-2026/> then click button below that says "Going" and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter. Registration Required: Please register here or call Macon County Public Library at (828) 524-3600.

Building, Encouraging, and Valuing Self-Advocacy in Children and Adults with Autism

August 11, 2026

7 pm

Virtual

Research shows that self-advocacy skills are key determinants of positive outcomes for autistic individuals in adulthood. This workshop, presented by Autism Resource Specialist Nancy Popkin via Zoom, is for parents and professionals interested in understanding how self-advocacy skills can be supported across the lifespan and in a variety of settings for those with autism. Objectives: Develop an understanding of what self-advocacy is and its value to autistic individuals; Discuss barriers to typical self-advocacy skills within the context of an autism diagnosis; and Introduce strategies to help promote self-advocacy skills in children, teens and adults with ASD. Register using this link: us06web.zoom.us/webinar/register/WN_fFciJ8gVQ3uXvncQgffxGg.

Como hablar de sexualidad con mi hijo con autismo – How to talk about sexuality with my autistic child

August 11, 2026

12 pm

Virtual

La Sociedad de Autismo de Carolina del Norte (ASNC) le invita a esta presentación gratuita por Zoom sobre técnicas para explicar la sexualidad y las relaciones a niños con autismo. La presentadora es Merlín Durham, BCBA, profesional clínica bilingüe de ASNC. Por favor, envíe sus preguntas sobre este tema a mmaldonado@autismsociety-nc.org. Se requiere registrarse utilizando este enlace: https://us06web.zoom.us/webinar/register/WN_RNw5Dt7TH6gVBjBHrV7VQ

The Autism Society of North Carolina (ASNC) invites parents and professionals to this Zoom presentation in Spanish on techniques for explaining sexuality and relationships to children with autism. The presenter is ASNC bilingual clinical professional Merlin Durham, BCBA. Please send your questions on this topic to mmaldonado@autismsociety-nc.org. Register using this link: https://us06web.zoom.us/webinar/register/WN_RNw5Dt7TH6gVBjBHrV7VQ.

CFAC Meeting – Region 1

August 11, 2026

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 or call any CFAC support staff (1-800-893-6246). Meeting connection: Phone: 1-828-552-4129 Conference ID: 150 796 686#

Brain Health in Aging

August 13, 2026

2 pm to 3 pm

Haywood County Public Library

This is a free in-person event at Haywood County Public Library located at 678 S Haywood St, Waynesville, facilitated by Vaya's Health Education and Aging Resource Team (HEART). Continuing education hours are provided through NC Department of Health and Human Services. With focus on maintaining brain health as we age, participants will learn about normal cognitive aging, risk factors for decline, and strategies to support brain health through lifestyle choices like nutrition, exercise, and mental stimulation. Practical tips for caregivers and healthcare professionals will be provided to enhance the cognitive well-being of older adults. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/brain-health-in-aging-w-heart-8-13-26/> then click button below that says "Going" and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter. Registration Required: Please register here or call Haywood County Public Library at (828) 356-2507.

Navigating Depression

August 14, 2026

10 am to 11 am

Virtual

Consumer and Family Advisory Committee (CFAC) Meeting

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. This is a free virtual event facilitated by the Vaya Health HEART 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. Please follow this link <https://www.vayahealth.com/event/webinar-navigating-depression-e-heart/> then RSVP 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. **RSVP is required to attend this event.** After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Anxiety: Managing Nervous Energy

August 14, 2026

11:15 am to 12:15 pm

Virtual

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. This is a free virtual event facilitated by the Vaya Health HEART 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. Please follow this link <https://www.vayahealth.com/event/webinar-anxiety-managing-nervous-energy-e-heart/> then RSVP 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. **RSVP is required to attend this event.** After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

The Many Uses of Antidepressant Medications

August 17, 2026

1 pm to 2 pm

Virtual

This is a free, interactive virtual event hosted by the Vaya Health's, Health Education and Aging Resource Team (HEART). Course Interaction: The live webinar format encourages active participation. Both attendees and presenters can ask questions throughout the session, promoting a dynamic and engaging learning experience. Course Completion and Contact Hours: To qualify for Contact Hour credit, participants must be punctual, sign in at the beginning, attend the entire session, and complete a course evaluation. This is a 1-hour course, and partial credit will not be granted. After submitting the evaluation, certificates of completion will be emailed to participants. Contact Hours are accredited through the North Carolina Department of Health and Human Services. Closed Captioning is available in Spanish. Los subtítulos están disponibles en español. Antidepressants treat depression, but did you realize there are other uses for this medication? This course will examine the traditional use of antidepressant medications, potential side effects, and administration protocols. Off-label possibilities are also considered with a focus on the older population. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-the-many-uses-of-antidepressant-medications-w-heart8-17-26/> then click button below that says "Going" and complete the form. **RSVP is required to attend this event.** After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 570 867 798#

Navigating Depression

August 18, 2026

1:30 pm to 2:30 pm

Virtual

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. This is a free virtual event facilitated by the Vaya Health HEART 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. Please follow this link <https://www.vayahealth.com/event/webinar-navigating-depression-e-heart-2/> then RSVP 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. **RSVP is required to attend this event.** After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Anxiety: Managing Nervous Energy

August 18, 2026

2:45 pm to 3:45 pm

Virtual

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. This is a free virtual event facilitated by the Vaya Health HEART 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. Please follow this link

<https://www.vayahealth.com/event/webinar-anxiety-managing-nervous-energy-e-heart-2/> then RSVP 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. **RSVP is required to attend this event.** After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Question, Persuade, Refer: Suicide Prevention

August 25, 2026

1pm to 2 pm

Virtual

Question, Persuade, Refer is an emergency response to someone in crisis. In this training, you'll learn: How to ask the right questions about suicide; How to persuade a person to get help; and How to refer an individual to the right resource. The Microsoft Teams link will be sent out a few days prior to the training. Please follow this link <https://www.vayahealth.com/event/question-persuade-refer-suicide-prevention-8/> then RSVP below.

Navigating Depression

August 25, 2026

1:30 pm to 2:30 pm

Jackson County Public Library

This is a free in-person event at Jackson County Public Library located at 310 Keener St, Sylva, facilitated by the Vaya Health's Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC Department of Health and Human Services. Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression. If you would like to attend this event, please click button below that says "Going" and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter. Registration Required: Please register here <https://www.vayahealth.com/event/navigating-depression-w-heart-8-25-26/> or call Jackson County Public Library at (828)586-2016.