

COMMUNITY GROUPS/WORKSHOPS/MEETINGS

Due to the Pandemic, many groups are meeting virtually. Please reach out to the contact person to confirm and 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.

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.

Every Saturday—Narcotic Anonymous (NA) Bonfire Meeting—7 pm. ~~81 Academy Street, Bryson City. Anyone in active addiction or in recovery is welcome. It rains, meeting held inside. For more information contact Amanda Garrett at restorationhousewnc31@gmail.com or 828-341-5299.~~ On hold. Watch for details.

Every other Sunday—CHA Virtual Teen Hangout. June 12th 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.

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 or 828-506-6111.

First Thursday of each month—Cherokee County Caregiver Group Meeting. Starting at 10 AM. Held at Region A Partnership for Children’s Murphy office located at 141 Peachtree St, Suite 5, Professional Building, Murphy. 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 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 jchapm1@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 or 828-506-6111.

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. Register to join at <https://www.childrenshopealliance.org/events/>.

Second Monday of each month—Haywood County Caregiver Group Meeting. Starting at 6 PM. Held at the Region A Partnership for Children’s Waynesville office located at 367 Dellwood Rd, Building C, Waynesville. This group focuses on families raising a child with a special need. Conversations and information for families to work together through challenging times. Sharing information around “protective factors” that keeps your family strong. Different theme each month. **September through May.** RSVP required. For more information, contact Jody at jmiller@rapc.org or 828-506-6111

Second Tuesday of Each Month—Grief Support Group—For individuals who have lost a loved one to the drug crisis--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for

hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support? We are **The SHARE Project**, and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that **WE DO UNDERSTAND** and **YOU ARE NOT ALONE!** Due to COVID-19 closings, please check our website for time and location. <https://theshareproject.org/upcoming-events/>

Second or Third Tuesday of each month—Virtual Caregiver Group Meeting. Starting at 1 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 or 828-506-6111.

Second or Third Tuesday of the month—Jackson County Caregiver Group Meeting. Starting at 6 PM at the ~~Children’s Developmental Services Agency located at 87 Bonnie Lane Sylva.~~ Currently held virtually via TEAMS. This group focuses on families raising a child with a special need. 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 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 Thursday of each month—Grandparent/Caregiver Info/Support Group—Are you a grandparent or family caregiver of a child? Or children?? Do you sometimes wonder how many people are in the same boat? Do you ever think “Things have changed since I grew up” and feel you could use information and support? Clay County Schools is offering an opportunity for caregivers to connect, identify helpful information/resources needed for grandparents/caregivers and for them to support each other. If interested in attending the Grandparent/Caregiver Info-Support Group please RSVP to Terri Hager, Outreach Worker for Clay County Schools at 828-389-8586 ext. 4225 or cell: 828-361-2776. Please leave a message. Childcare/snacks provided. Location is Hayesville Elementary School/Media Center from 3:30 – 4:45 pm. Park AFTER 3:20 at HES Parking Circle.

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](#).

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.

Smart Start (SS) / Local Interagency Coordinating Council (LICC) Team Meetings—Cherokee County meets the 1st Wednesday of each month starting @ 1:00 PM; Clay County meets the 1st Thursday of each month starting @ 1:30 PM; Graham County meets the 2nd Thursday of each month starting @ 9:30 AM; Haywood County meets the 3rd Wednesday of each month starting @ 10:30 AM; Jackson County meets the 2nd Wednesday of each month starting @ 12 noon; Macon County meets the 4th Thursday of the month starting @ 12 noon; and, Swain County meets the 2nd 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.

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 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 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>

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 or 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 or 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 4th 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 or cherokeechapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.cherokee>.

Rutherford County Support Group of Autism Society of NC: Coffee meet-up 1st Monday at 10 am. No more walking group. Chapter meeting is the 3rd 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 or rutherfordchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.rutherford>.

Haywood County Support Group of Autism Society of NC: 2nd 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 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

Buncombe County Support Group of Autism Society of NC: 2nd 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 or buncombechapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.buncombe>.

Wilkes County Support Group of Autism Society of NC. 3rd 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 or highcountrychapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.highcountry>.

Henderson County Support Group of Autism Society of NC. 4th Monday at 7 pm. The Chapter provides support to local individuals with autism and their families. All meetings that do occur will be Virtual and will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or 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

November 1, 2023—Neurocognitive Disorders and the Basics of Dementia: The Four Main Types. 11 am to 12 pm. This is a free event at Hudson Library located at 554 Main Street, Highlands, facilitated by the Vaya Health GERO 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. Registration Required: Please register here <https://www.vayahealth.com/event/neurocognitive-disorders-and-the-basics-of-dementia-the-4-main-types-wgamhst/> or call Hudson Library 828-526-3031.

November 2, 2023-- Como puedo ayudar a mi hijo con autismo (Webinar en español) | How to help my child after their diagnosis (Webinar in Spanish only). 10 am. Autism Society of NC invita a los padres y profesionales a este entrenamiento que habla sobre el impacto del autismo y los servicios y programas en la comunidad. Presentadora: Vanessa Vazquez Catala, Especialista de Recursos del Autismo Bilingüe. Objetivos:

- Impacto del autismo en la comunicación, interacción social, comportamiento y pensamiento;
- Estrategias básicas para implementar en la casa y los planes educativos en la Escuela (IEP); and,
- Recursos en la Comunidad.

Para mas informacion contactar: Mariela Maldonado, Coordinadora Senior de Alcance y Apoyo Hispano. 919-302-4625 mmaldonado@autismsociety-nc.org. Para registrarse haga clic aquí: https://us06web.zoom.us/webinar/register/WN_jG6LRraBTkigasufi00-zQ#/registration

English translation -

The Autism Society of North Carolina invites parents and professionals to this Spanish-only webinar to talk about autism and services in the community. Presenter: Vanessa Vazquez, ASNC Autism Resource Specialist. For more information contact Mariela Maldonado, Senior Hispanic Outreach & Support Coordinator at 919-302-4625 or mmaldonado@autismsociety-nc.org. To register click here:

https://us06web.zoom.us/webinar/register/WN_jG6LRraBTkigasufi00-zQ#/registration.

November 2, 2023—Treating Dementia: Medications and More (webinar). 10 am to 11 am. 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. 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 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 631 734 892#. <https://www.vayahealth.com/event/webinar-treating-dementia-medications-and-more-wgamhst/>

November 2, 2023—Registry of Unmet Needs Training. 1 pm to 2:30 pm. Participants will receive an overview of NC Innovations and the Registry of Unmet Needs. On Nov. 2, 2023, 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. Trainers: Bryan Creech and Jessica Edwards. 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. <https://www.vayahealth.com/event/registry-of-unmet-needs-training-2/>

November 7, 2023—Neurocognitive Disorders and the Basics of Dementia: The Four Main Types (webinar). 1 PM -to 2 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 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 640 611 853#. <https://www.vayahealth.com/event/webinar-neurocognitive-disorders-and-the-basics-of-dementia-the-4-main-types-wgamhst/>.

November 8, 2023—After the Diagnosis: Get Answers, Get Started, Get Going—(Triad area families—online). 9:30 am. Learn how autism may affect your child. Learn about options that may help your child. Understand how to locate resources to support your family. To register for this online event, please email Vanessa Vazquez Catala at vcatala@autismsociety-nc.org.

November 8, 2023—Moving the Needle Toward Greater Independence for Teens with ASD (webinar). 12 pm. Parents can learn how to help teens gain independence through evidence-based practices that support skill development. Specific examples will be provided to highlight opportunities in daily life to focus on these

skills. Objectives: * Redefine what it means to do something independently; * Identify what skills need to be addressed; and, * Provide examples of Evidence-based Practices for working on skills at home. To register click here: https://us06web.zoom.us/webinar/register/WN_QeWnKN6XSOGKmt9j8mtQnw#/registration

November 8, 2023—OCD: Thought-Behavior Cycle. 1:30 PM to 2:30 PM. This is a free event at Jackson County Public Library located at 310 Keener St, Sylva, facilitated by the Vaya Health GERO 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. Registration Required: Please register here <https://www.vayahealth.com/event/ocd-thought-behavior-cycle-wgamhst-4/> or call Jackson County Public Library 828-586-2016.

November 9, 2023--La Colaboración de las familias con profesionales y proveedores de servicios (Spanish only webinar) | Collaboration between families, professionals, & service providers. 7 pm. Autism Society of NC invita a los padres de hijos con autismo y a los profesionales a este Webinar en español vía Zoom sobre las estrategias que sirven en las relaciones de los padres con los profesionales de los servicios. Regístrese en este link para participar y recibirá un email de confirmación del Zoom para que ingresar a la charla unos minutos antes del evento desde su celular, tableta o computadora. Presentadora: Merlin Duran, BCBA de ASNC (Terapeuta Bilingüe de ABA) Objetivos: • Como colaborar con los profesionales; • Éticas de la colaboración; and, • Como mejorar las relaciones con los profesionales. Para mas información, comuníquese con Mariela Maldonado, Coordinadora Senior de Alcance y Apoyo Hispano, mmaldonado@autismsociety-nc.org 919-302-4625. Collaboration of families with professionals and service providers. Webinar only in Spanish via Zoom on the strategies that serve in parents' relationships with service professionals. Presenter: Merlín Durán, BCBA (ABA Bilingual Therapist) of ASNC Clinical Services. For more information, please contact Mariela Maldonado Senior Hispanic Outreach & Support Coordinator mmaldonado@autismsociety-nc.org 919-302-4625. To register click here:

https://us06web.zoom.us/webinar/register/WN_VLz0qHkuQkuP7OdNQe1VAA#/registration

November 14, 2023—OCD: Thought-Behavior Cycle. 1PM to 2 PM. This is a free event at Graham County Public Library located at 80 Knight St, Robbinsville, facilitated by the Vaya Health GERO 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. Registration Required: Please register here <https://www.vayahealth.com/event/ocd-thought-behavior-cycle-wgamhst-2/> or call Graham County Public Library 828-479-8796.

November 14, 2023—Treating Dementia: Medications and More. 1:30 PM to 2:30 PM. This is a free event at Macon County Library located at 149 Siler Farm Rd, Franklin; facilitated by the Vaya Health GERO 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. Registration Required: Please register here <https://www.vayahealth.com/event/treating-dementia-medications-and-more-wgamhst/> or call Macon County Library at 828-524-3600.

November 14, 2023—After the Diagnosis: Helping the Older Child Navigate the Journey (virtual, statewide). 7 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 Nancy Nestor at nnestor@autismsociety-nc.org.

November 16, 2023—Neurocognitive Disorders and the Basics of Dementia: The Four Main Types (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-the-4-main-types-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 591 672 614#

November 16, 2023—After the Diagnosis: Get Answers, Get Help, Get Going (Charlotte, virtual).

3 pm. Learn how autism may affect your child. Learn about options that may help your child. Understand how to locate resources to support your family. To be registered for this event email Nancy Popkin at npopkin@autismsociety-nc.org. This workshop is intended for parents of recently diagnosed children who are 8 years old or younger. If your child is recently diagnosed but older than 8 years old, please look for After the Diagnosis: Helping the Older Child Navigate the Journey workshop on our calendar.

November 16, 2023—After the Diagnosis: Get Answers, Get Help, Get Going (Charlotte, virtual).

12 pm. Online webinar for parents and caregivers of children 8 years or younger recently diagnosed with Autism Spectrum Disorder. 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. Email Amy Perry at aperry@autismsociety-nc.org to register.

November 17, 2023—After the Diagnosis—Get Help, Get Answers, Get Going (Triangle area, virtual).

12 pm. Online webinar for parents and grandparents of children 8 years or younger recently diagnosed with Autism Spectrum Disorder. 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 webinar will be presented by a Raleigh Autism Resource Specialist of the Autism Society of North Carolina serving Wake County and the central NC counties (Chatham, Durham, Franklin, Granville, Johnston, Lee, Orange, Person, Vance, and Warren). To register, contact Cindy Martin at cmartin@autismsociety-nc.org.

November 20, 2023—Neurocognitive Disorders and the Basics of Dementia: The Four Main Types.

12:30 pm to 1:30 pm. This is a free event at Jackson County Senior Center located at 100 County Services Park Dr, Sylva, facilitated by the Vaya Health GERO 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. Registration Required: Please register here <https://www.vayahealth.com/event/neurocognitive-disorders-and-the-basics-of-dementia-the-four-main-types-wgamhst/> or call Jackson County Senior Center at 828-586-5494.

November 20, 2023—Treating Dementia: Medications and More (webinar).

1 pm to 2 pm. 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. 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 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 771 338 767#. <https://www.vayahealth.com/event/webinar-treating-dementia-medications-and-more-wgamhst-2/>

November 27, 2023—OCD: Thought-Behavior Cycle. 1 pm to 2 pm. This is a free event at Marianna Black Library located at 33 Fryemont St, Bryson City, facilitated by the Vaya Health GERO 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. Registration Required: Please register here <https://www.vayahealth.com/event/neurocognitive-disorders-and-the-basics-of-dementia-wgamhst/> or call Marianna Black Library 828-488-3030.

November 28, 2023—Suicide and Aging...Conversations for Life! (webinar). 1:30 pm to 2:30 pm. Conversations about suicide are not always comfortable; however, having the dialogue opens the door for help! This course focuses on warning signs, adaptive responses, and prevention methods for aging individuals at risk of suicide. 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 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 976 809 904. <https://www.vayahealth.com/event/webinar-suicide-and-aging-conversations-for-life-egamhst-2/>

November 28, 2023—The Many Uses of Antidepressant Medications (webinar). 2:45 pm to 3:45 pm. 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. 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 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 824 422 717. <https://www.vayahealth.com/event/webinar-the-many-uses-of-antidepressant-medications-egamhst-2/>

November 30, 2023—ABA Green Flags: Five Quality Indicators for ABA Service Providers (webinar). 11:30 AM. This free webinar is geared towards Board Certified Behavior Analysts and other professionals working in comprehensive ABA programs that support neurodiverse individuals. The Autism Society of NC is an Authorized Continuing Education (ACE) Provider from the Behavior Analyst Certification Board, and this

webinar is eligible for 1.5 CEUs. While the primary audience is BCBA's, any community member is welcome to join. Learning objectives: 1. Participants will be able to state quality indicators that should be found in high quality ABA programs and identify research to support these indicators; 2. Participants will be able to identify steps to take to implement these quality indicators in their own practice; and, 3. Participants will be able to state the possible ethical challenges and solutions that may occur when attempting to implement various quality indicators in practice. Presented by: Erica Brown, MA, BCBA, Autism Society of North Carolina Senior BCBA; RBT & Student Coordinator. Click here to register:

https://us06web.zoom.us/webinar/register/WN_ejzb_jXPSYmXtsJOnRIEQg#/registration.

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.

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.

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>.

OnTrack Financial Education and Counseling— In-Person Classes at OnTrack

Money Visioning & Goal Setting - Feeling stuck in your money life? Ready to start thinking about what you want to be different? During this class, you will get a clear picture of your money goals through an interactive visioning exercise. Then, you'll learn how to create a realistic savings goal and plan the steps needed to reach it! You will leave this class with motivation and tools to start making your best money life a reality. **Sign up now.**

- Thursday, October 19 from 5:00 to 6:30 pm
- Thursday, November 16 from 5:00 to 6:30 pm

Live, Interactive Online Classes

Credit: How to Build and Repair Your Credit Score - Find out what credit is and why it's important, gain understanding about what affects your credit score, and learn methods to build and repair your credit score. We'll also leave plenty of time for questions. Plan to take notes because there will be plenty of good nuggets to take away! **None Currently Scheduled**

Money Visioning & Goal Setting - Feeling stuck in your money life? Ready to start thinking about what you want to be different? In this live and interactive online class, you will get a clear picture of your money goals through an interactive visioning exercise. Then, you'll learn how to create a realistic savings goal and plan the steps needed to reach it! You will leave this class with motivation and tools to start making your best money life a reality. This class is all about participation so come prepared with paper, pen (and maybe even crayons and markers if you have them) to jump start your learning. **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.](#)

Building Blocks to Wealth - This a free bonus class on Wealth Building from our partners at Freddie Mac. Learn about the building blocks of wealth: accumulate, preserve, protect, and transfer.

Children's Hope Alliance—Post Adoption Support Services Team. Grow your knowledge and strengthen your skills as a resource parent. Free virtual trainings the second Thursday of each month from 6 pm to 7 pm. As a resource parent, it's important to remain open to new information and skills to further your growth as a parent. Our trainings are designed to help you apply simple strategies, so you can develop your skills to become a more effective resource parent. You will learn how to become more successful in your parenting life by learning new methods and how to put them into practice. Please join us each month as we strive to help you grow to be the best resource parent you can be. To access our training and events go to our website: www.Childrenshopealliance.org scroll down to "Event Calendar" and click on the link of the event of your choice. For additional information contact Christina Mitchell at 704-881-4346 / camitchell@childrenshopealliance.org or Aurora Zahos at 828-493-8416 / mzahos@childrenshopealliance.org.

- November 10
- December 8