



We are *The SHARE Project*, and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference!

We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that WE DO UNDERSTAND and YOU ARE NOT ALONE!

Due to COVID-19 closings, please check our website for time and location.

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

## Outreach Support Group

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

Outreach Support Group—For individuals who have a loved one suffering from addiction--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support?

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Due to COVID-19 closings, please check our website for time and location.

<https://theshareproject.org/upcoming-events/>

# Haywood County Support Group of Autism Society of NC

2<sup>nd</sup> Tuesday of each month | 6 pm

The Chapter provides support to local individuals with autism and their families. The Haywood County Chapter has many Virtual events organized and posted on the Chapter Facebook page on a regular basis.

Please refer to the Haywood County Chapter Facebook page for news and Virtual events as well as to the Autism Society of North Carolina calendar found at [www.autismsociety-nc.org](http://www.autismsociety-nc.org) or [haywoodchapter@autismsociety-nc.org](mailto:haywoodchapter@autismsociety-nc.org) or <http://www.facebook.com/groups/asnc.haywood>.

All meetings that do occur will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at [www.autismsociety-nc.org](http://www.autismsociety-nc.org)" along with the updated times.

## On Track WNC Educational Classes

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

To stay up to date with our current offerings, **join our e-news mailing list**.

### **Live Zoom & In-Person Class Offerings**

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

#### **Money Visioning & Goal Setting**

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

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

#### **Homebuyer Education**

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

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

## Self-Paced, On-Demand Classes

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

### **Money Foundations**

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

### **Credit: How to Build and Repair Your Credit Score**

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

### **Homebuyer Education**

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

### **Homebuyer Education - WNC Local Supplement**

- Learn about various steps in the Homebuying process from our expert guest speakers including lenders, a home inspector, a real estate attorney, and a downpayment assistance specialist. Takes approximately 1.5 hours.
- FREE

### **Debt Payment During Uncertain Times**

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

## Exceptional Children's Assistance Center

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

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

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

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

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

## Facing the Emotional Challenges of Chronic Illness: Part 1 (Cardiovascular Disease)

February 4, 2025 | 2 pm to 3 pm | Haywood County Public Library: Waynesville Branch

This is a free in-person event at Haywood County Public Library: Waynesville Branch located at 678 S Haywood St, Waynesville, facilitated by the Vaya Health Geriatric Team. Contact Hours are provided through NC Department of Health and Human Services.

Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes. The main topic of this course will be cardiovascular disease.

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/facing-the-emotional-challenges-of-chronic-illness-part-1-cardiovascular-disease-4-4-25/> or call Haywood County Public Library: Waynesville Branch at (828) 452-5169.

## Como puedo ayudar a mi hijo / How to help my child with autism

February 5, 2025 | 10 am | Virtual—Spanish only

Autism Society of North Carolina invita a los padres y profesionales a este entrenamiento que trata sobre el impacto del autismo y los servicios y programas que ofrece ASNC y proveedores en la comunidad.

Presentadora: Vanessa Vazquez, Especialista de Recursos del Autismo bilingüe.

Objetivos:

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

Para información sobre este Seminario Web y Recursos en Español llamea Mariela Maldonado, Senior de Alcance y Recursos Hispanos, 919-302-4625 o por email, [mmaldonado@autismsociety-nc.org](mailto:mmaldonado@autismsociety-nc.org).

**Regístrese aquí: [us06web.zoom.us/webinar/register/WN\\_Ua-B2KRITnqEdRzln8CBWw](https://us06web.zoom.us/webinar/register/WN_Ua-B2KRITnqEdRzln8CBWw)**

## After the Diagnosis: Helping the Older Child Navigate the Journey

February 11, 2025 | 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](mailto: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 Autism Society of NC calendar.

## CFAC Meeting – Region 1

February 11, 2025 | 6 pm to 8 pm | Virtual

Consumer and Family Advisory Committee (CFAC) Meeting. Region 1 Counties: Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain.

Sign up to make public comment by emailing your name, county of residence, and subject matter to [cfac@vayahealth.com](mailto:cfac@vayahealth.com) or call any CFAC support staff (1-800-893-6246).

Meeting connection: Phone: 1-828-552-4129 Conference ID: 402 968 59#

## Anxiety: Managing Nervous Energy

February 14, 2025 | 10 am to 11 am | 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 GERO team. CEU's are provided through NC Department of Health and Human Services.

An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided. Please follow this link <https://www.vayahealth.com/event/webinar-anxiety-managing-nervous-energy-egamhst/> 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. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

## Living with Anxiety: Medications That Help

February 14, 2025 | 11:15 am to 12:15 am | Virtual

Everyone experiences anxiety at some point. When excessive, it can negatively impact one's quality of life. This course will explore medications used to treat anxiety, specifically in the aging population.

Also explored will be effective therapies and potential medication side effects.

This is a free virtual event facilitated by the Vaya Health GERO team.

CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided.

Please follow this link <https://www.vayahealth.com/event/webinar-living-with-anxiety-medications-that-help-egamst/> 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.

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

## An Overview of Mental Health

February 17, 2025 | 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 Geriatric Team.

Contact Hours are provided through NC Department of Health and Human Services. This introductory course aims to educate individuals on the most common mental health diagnoses among the aging population, along with treatment options to help overcome stigma. Variations between mental health and illness will be considered.

If you would like to attend this event, please click button below that says “Going” and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter.

Registration Required: Please register here <https://www.vayahealth.com/event/an-overview-of-mental-health-wgamhst-2-17-25/> or call Jackson County Senior Center at (828)586-5494.

## Facing the Emotional Challenges of Chronic Illness Part 1: Cardiovascular Disease

February 17, 2025 | 1 pm to 2 pm | Virtual

This is a free virtual event facilitated by the Vaya Health Geriatric team. Contact Hours are provided through NC Department of Health and Human Services.

Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes.

The focus of this training will be Cardiovascular Disease.

An email with an evaluation will be sent to you following the event. This must be filled out and returned before Contact Hours will be sent out. Please follow this link <https://www.vayahealth.com/event/webinar-facing-the-emotional-challenges-of-chronic-illness-part-1-cardiovascular-disease-wgamhst/> then 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 871 263 224#

## Facing the Emotional Challenges of Chronic Illness Part 2: Diabetes & Chronic Pain

February 18, 2025 | 1 pm to 2 pm | Virtual



This is a free virtual event facilitated by the Vaya Health Geriatric team. Contact Hours are provided through NC Department of Health and Human Services.

Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes.

The focus of this training will be Diabetes & Chronic Pain.

An email with an evaluation will be sent to you following the event. This must be filled out and returned before Contact Hours will be sent out. Please follow this link

<https://www.vayahealth.com/event/webinar-facing-the-emotional-challenges-of-chronic-illness-part-2-diabetes-chronic-pain-wgamhst/> then 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 501 914 397#

## Anxiety: Managing Nervous Energy

February 18, 2025 | 1:30 pm to 2:30 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 GERO team. CEU’s are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU’s are provided.

Please follow this link <https://www.vayahealth.com/event/webinar-anxiety-managing-nervous-energy-egamhst-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. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

## Workshop for Grandparents of Individuals with Autism

February 18, 2025 | 2 pm | Virtual

This online workshop is designed to help grandparents and extended family understand autism, learn how to support their grandchild and children on the autism journey, embrace their relationship, and have the most meaningful experiences with their grandchildren.

This will be a virtual workshop presented through Microsoft Teams.

To register, please email Autism Resource Specialist Cindy Martin at [cmartin@autismsociety-nc.org](mailto:cmartin@autismsociety-nc.org).

## Living with Anxiety: Medications that Help

February 18, 2025 | 2:45 pm to 3:45 pm | Virtual

Everyone experiences anxiety at some point. When excessive, it can negatively impact one's quality of life.

This course will explore medications used to treat anxiety, specifically in the aging population. Also explored will be effective therapies and potential medication side effects.

This is a free virtual event facilitated by the Vaya Health GERO team. CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided.

Please follow this link <https://www.vayahealth.com/event/webinar-living-with-anxiety-medications-that-help-egamhst-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. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

## Understanding Schizophrenia and Psychosis

February 25, 2025 | 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 Geriatric Team. Contact Hours are provided through NC Department of Health and Human Services.

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.

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/understanding-schizophrenia-and-psychosis-wgamhst-2-25-25/> or call Jackson County Public Library at (828)586-2016.