

REGIONAL RESOURCES AND SUPPORT

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

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.worklivesystems.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.worklivesystems.com/parent/2>. Mountain Child Care Connections: 877.752.5955 o 828.354.0107. Una subsidiaria de la Comisión de Desarrollo Infantil.

Hope4NC

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

The 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

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

Grief Support Group

2nd 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

3rd Tuesday of Each Month | 6:30 pm | Harris Regional Health and Fitness Center | 7 Leroy George Dr, Clyde
Outreach Support Group—

For individuals who have a loved one suffering from addiction--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it

help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support?

We are *The SHARE Project*, and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that WE DO UNDERSTAND and YOU ARE NOT ALONE!

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

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

Haywood County Support Group of Autism Society of NC

2nd Tuesday of each month | 6 pm

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

Please refer to the Haywood County Chapter Facebook page for news and Virtual events as well as to the Autism Society of

North Carolina calendar found at www.autismsociety-nc.org or haywoodchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.haywood>.

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

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 Workshop

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!

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

First Time Homebuyer Workshop

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!

- 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 teacher. 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/>.

After the Diagnosis: Helping the Older Child Navigate the Journey

May 06, 2025 | 7-9 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, please email Nancy Popkin at npopkin@autismsociety-nc.org.

Bipolar Disorder: Creating Balance

May 07, 2025 | 1-2 pm | Virtual

This is a free, interactive virtual event hosted by the Vaya Health Geriatric team.

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.

Having extreme mood changes can have a significant impact on a person's ability to function in life. This cycle is difficult to stabilize without proper treatment. This course looks at the causes, symptoms, and current treatment options for the older adult.

If you would like to attend this event, please follow this link

<https://www.vayahealth.com/event/webinar-bipolar-disorder-creating-balance-wgamhst/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 508 406 630#

An Overview of Mental Health Part 1

May 09, 2025 | 10-11 | Virtual

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.

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 RSVP at this link <https://www.vayahealth.com/event/webinar-facing-the-emotional-challenges-of-chronic-illness-egamhst/> 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 Part 2

May 09, 2025 | 11:15 am-12:15 pm | Virtual

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.

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-an-overview-of-mental-health-part-2/> then click 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.

Enriching Mental Health with Complementary Treatments: Part 2 (Meditation, Mindfulness, Spirituality, & Yoga)

May 13, 2025 | 1-2 pm | Haywood County Public Library-Canton Branch

This is a free in-person event at Haywood County Public Library-Canton Branch, located at 11 Pennsylvania Ave, Canton, facilitated by the Vaya Health Geriatric Team.

Contact Hours are provided through NC Department of Health and Human Services.

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Meditation, Mindfulness, Spirituality, and Yoga.

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/enriching-mental-health-with-complementary-treatments-part-2-meditation-mindfulness-spirituality-amp-yoga-wgamhst-5-13-25/> or call Haywood County Public Library: Canton Branch at (828)648-2924.

Opportunities to Help During Crisis

May 13, 2025 | 1:30-2:30 pm

This is a free in-person event at Macon County Public Library located at 149 Siler Farm Rd, Franklin, facilitated by the Vaya Health Geriatric Team.

Contact Hours are provided through NC Department of Health and Human Services.

An individual can experience a crisis suddenly and without warning, especially when symptoms of a mental illness are involved. As a caregiver or responder, possessing skills that support de-escalation is imperative. Did you know that you can help? This course provides information about crises in older adults, barriers to de-escalation, and specific methods of stabilizing support.

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/opportunities-to-help-during-crisis-wgamhst-5-13-2025/> or call Macon County Public Library at (828) 524-3600.

Person-Centered Thinking (PCT) Training

May 14-15, 2025 | 9 am – 4 pm

This is a two-day, virtual, 12-hour workshop that introduces the basic principles of PCT.

Vaya trainers will review and discuss the origins, research, and values of person-centered thinking. This training will provide an essential framework for effectively supporting a person in navigating life’s challenges and opportunities.

Participants must attend and participate both days to receive a certificate of completion. Participants will receive the training handouts two weeks prior to the event as printing is necessary. 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. Follow this link to register <https://www.vayahealth.com/event/person-centered-thinking-pct-training-2/>

After The Diagnosis: Get Answers, Get Started, Get Going

May 14, 2025 | 10 am – 11:30 | Virtual

Online webinar for parents and grandparents of children eight years old or younger recently diagnosed with Autism Spectrum Disorder.

Workshop objectives: learn how autism may affect your child; learn about options that may help your child; and understand how to locate resources to support your family.

To register for this online webinar, please email Vanessa Vazquez Catala at vcatala@autismsociety-nc.org.

This workshop is intended for parents of recently diagnosed children who are eight years old or younger. If your child is recently diagnosed but older than eight years old, please look for After the Diagnosis: Helping the Older Child Navigate the Journey workshop on our calendar.

Enriching Mental Health with Complementary Treatments: Part 2 (Meditation, Mindfulness, Spirituality, & Yoga)

May 19, 2025 | 10:30 – 11:30 am

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 course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Meditation, Mindfulness, Spirituality, and Yoga.

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: Registration Required: Please register here

<https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-2-meditation-mindfulness-spirituality-amp-yoga-wgamhst-5-19-25/> or call Jackson County Senior Center at (828)586-5494.

Mood Stabilizing Medications: Reclaiming the Balance

May 20, 2025 | 1 pm to 2 pm | Virtual

This is a free, interactive virtual event hosted by the Vaya Health Geriatric team.

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.

Managing mood disorders can be a balancing act. This course provides information about the role medications play in maintaining equilibrium. It also teaches the importance of observing medication responses and monitoring for side effects. A review of alternative evidence-based strategies to support mood stabilization is also covered.

If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-mood-stabilizing-medications-reclaiming-the-balance-wgamhst/> 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 547 575 29#

An Overview of Mental Health Part 1

May 20, 2025 | 1:30 pm to 2:30 pm | Virtual

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.

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-an-overview-of-mental-health-part-1-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.

An Overview of Mental Health Part 2

May 20, 2025 | 2:45 pm to 3:45 pm

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.

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-an-overview-of-mental-health-part-2-egamhst/> then click 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.

Registry of Unmet Needs Training

May 22, 2025 | 6:00 pm – 7:30 pm

Participants will receive an overview of NC Innovations and the Registry of Unmet Needs.

Participants will learn the steps to apply for the Registry of Unmet Needs as well as become familiar with some available services under NC Innovations.

This training is for community stakeholders.

Trainers: Jessica Edwards and Samantha Parrow. 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.

Anxiety: Managing Nervous Energy

May 27, 2025 | 1 pm to 2 pm

This is a free in-person event at Graham County Public Library located at 80 Knight St, Robbinsville, facilitated by the Vaya Health Geriatric Team. Contact Hours are provided through NC Department of Health and Human Services.

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

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/anxiety-managing-nervous-energy-wgamhst-5-27-25/> or call Graham County Public Library at (828) 479-8796.

Communication 101

May 27, 2025 | 1:30 pm to 2:30 pm

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.

Communication is the string that ties us all together. If that string isn't strong enough or is broken, relationships tend to unravel. Effective communication cultivates strong relationships and supports one's voice being heard. This curriculum is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges.

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

Registration Required: Please register here <https://www.vayahealth.com/event/communication-101-wgamhst-5-27-252/> or call Jackson County Public Library at (828)586-2016.