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

Mountain Child Care Connections

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

TePodemos ayudarle a encontrar guarderias 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 linea 24/7 https://stage.worklifesystems.com/parent/2. Mountain Child Care Connections: 877.752.5955 o 828.354.0107. Una subsidiaria de la Comisión de Desarrollo Infantil.

Hope4NC

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

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

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

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

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

Vaya Health and Partners Health are expanding their referral and support networks and want to work with organizations serving older adults, children and youth, people with disabilities, people with a history of substance use or mental health conditions, tribal populations, first responders, people with limited English proficiency, and others.

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

Mother's Connection

Every Wednesday | 9 am to 11 am | Harris Region Hospital, 51 Eastgate Dr, Sylva

New Generations Family Birthing Center at Harris Regional Hospital. Mothers and their new babies, from birth through crawling stage, are invited to join this popular class. Mothers share their joys, frustrations, questions, and concerns as they make new friendships and receive positive support for their role as a mother. To register for or for more information call 828-586-7907.

Western NC Support Group Meeting

2nd Monday of each month | 12 pm – 1 pm | Virtual

This support meeting is geared for families in western NC who have a loved one with autism. Folks join to share experiences, challenges and successes. We discuss what resources are helping and what needs there are. You are invited to a Zoom meeting, please register in advance for this meeting:
us06web.zoom.us/meeting/register/tZIkfu-prDstHNxuws4BOBPZye1IpNISJXmj
After registering, you will receive a confirmation email containing information about joining the meeting. Please contact Meleah Lowe, ASNC Support Groups Specialist at mlowe@autismsociety-nc.org if you have questions about this virtual support group meeting for the western NC region.

Grief Support Group

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

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/

Parents and Caregivers of Teens Support Group

Every 2nd and 4th Tuesday | 6pm to 7:30 pm | Virtual

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

On Track WNC Educational Classes

Our workshops are free, 1.5 long—with the exception of our All-Day Homebuyer Workshop— and are offered in-person or via Zoom. Interpretation available upon request. Email info@ontrackwnc.org to request interpretation services. All in-person workshops are provided at our Asheville office., located at: 50 South French Broad Avenue, Suite 222, Asheville NC, 28801. **To stay up-to-date with our current offerings join our e-news mailing list**.

Live Zoom & In-Person Class Offerings
We'd love to see you! Click on this link to view the calendar and links to classes.
https://ontrackwnc.org/what-we-do/workshops.html

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

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

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

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

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

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

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

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

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

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

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

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

The classes listed below are free and pre-recorded.Complete them at any time at your own pace.
https://ontrackwnc.org/what-we-do/on-demand-classes.html

Money Foundations

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

Credit: How to Build and Repair Your Credit Score

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

Homebuyer Education - WNC Local Supplement

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

Debt Payment During Uncertain Times

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

Legal Aid of NC

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

Exceptional Children's Assistance Center

The Exceptional Children's Assistance Center (ECAC) provides resources and assists families to navigate the special education system, know their rights, and use their voice. We provide information, support, training and resources to assist families caring for children with special needs from birth to age 26. We also support young adults with disabilities in becoming self-advocates and leaders and the educators and professionals who serve them. As parents of special needs children, we understand. ECAC's Parent Educators are parents of children with special needs. We approach this work with practical knowledge and personal experience. We know that families are their children's first and most influential teachers. We assist families in also becoming their child's best advocate in school, the community and in life. Visit the website to learn more about ECAC, the support and resources offered as well as the workshops offered. https://www.ecac-parentcenter.org/.

Autism Society of North Carolina

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

Enriching Mental Health with Complementary Treatments: Part 4 (Animal-Assisted Therapy, Art, and Laughter

December 1, 2026 | 2 pm to 3 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 Vaya Partners' Health Education and Aging Resource Team (HEART). Continuing education 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. Join us to explore the topics Animal-Assisted Therapy, Art, and Laughter. 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://vayapartners.org/event/enriching-mental-health-with-complementary-treatments-part-4-animal-assisted-therapy-art-and-laughter-w-heart/ or call Haywood County Public Library: Canton Branch at (828) 648-2924..

Child and Family Teams 1 Revised Training

December 2 and 3, 2026 | 9 am to 4 pm | Virtual

This free, virtual course provides 11 contact hours of training related to System of Care and the CFT process; gives parents, caregivers, and professionals an overview of CFT meetings from the family's perspective; and teaches strategies and facilitation skills to support youth and families. To receive credit for the training, participants must attend both full days (9 a.m. – 4 p.m.) and have their cameras on with audio capability. This training is intended for members/recipients and providers within the Vaya Partners region and network. Only three individuals from each provider organization may register. Attendance is capped at 28 attendees. Participants will receive a link to the training a few days before the event. If you have questions, email provider.training@vayapartners.org. Follow this link to register https://vayapartners.org/event/cft-training-12-2-26/.

Como puedo Ayudar a mi hijo - How can I help my child?

December 2, 2026 | 10 am – 11:30 am | Virtual—Spanish language only

The Autism Society of North Carolina invites parents and professionals to this free talk in Spanish via Zoom that explains the impact of autism and will be presented by Vanessa Vasquez, Bilingual Autism Resource Specialist. Objectives: • What is autism?; • Strategies to help my child; and • Available resources and programs. Register using this Zoom link: https://us06web.zoom.us/webinar/register/WN_nmubff1LR7aTcUSMd1uOWQ. For information about this webinar and resources in Spanish, contact Mariela Maldonado, Senior Coordinator of Outreach and Support to the Hispanic Community, at 919-302-4625 or by email at mmaldonado@autismsociety-nc.org. The Autism Society of North Carolina invites you to this presentation, only in Spanish, explaining what autism is and autism resources and services. Bilingual Autism Resource Specialist Vanessa Vazquez will make this presentation. Free registration using this link https://us06web.zoom.us/webinar/register/WN_klbotdB8QiSwB52JG6YuYQ. Please share this link with Hispanic families. For more information and resources in Spanish, email Mariela Maldando, Senior Hispanic Outreach and Support Coordinator at mmaldonado@autismsociety-nc.org.

NC Innovations Waiver and Waitlist Training

December 3, 2026 | 3 pm to 5 pm | Virtual

Participants will receive an overview of NC Innovations and the waitlist. Participants will learn the steps to apply for the waitlist as well as become familiar with some available services under NC Innovations. This training is intended for community stakeholders. Trainers: Leslie Lawson 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@vayapartners.org. Follow this link to register https://vayapartners.org/event/nc-innovations-waiver-and-waitlist-training-4/.

Understanding Schizophrenia and Psychosis

December 7, 2026 | 1 pm to 2 pm | Virtual

This is a free, interactive virtual event hosted by the Vaya Partners', Health Education and Aging Resource Team (HEART). Course Interaction: The live webinar format encourages active participation. Both attendees and presenters can ask questions throughout the session, promoting a dynamic and engaging learning experience. Course Completion and Contact Hours: To qualify for Contact Hour credit, participants must be punctual, sign in at the beginning, attend the entire session, and complete a course evaluation. This is a 1-hour course, and partial credit will not be granted. After submitting the evaluation, certificates of completion will be emailed to participants. Contact Hours are accredited through the North Carolina Department of Health and Human Services. Closed Captioning is available in Spanish.

Los subtítulos están disponibles en español. 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. RSVP is required to attend this event at this link https://vayapartners.org/event/webinar-understanding-schizophrenia-and-psychosis-w-heart12-7-26/. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 221 997 049#

After the Diagnosis: Helping the Older Child Navigate the Journey

December 8, 2026 | 12 pm | Virtual

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

If your child is recently diagnosed but eight years old or younger, please look for After the Diagnosis: Get Help, Get Answers, Get Going webinars on our calendar.

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

December 8, 2026 | 1:30 pm to 2:30 pm | Macon County Public Library

This is a free in-person event at Macon County Public Library located at 149 Siler Farm Rd, Franklin, facilitated by the Vaya Partners' Health Education and Aging Resource Team (HEART). 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. Join us to explore topics from nutrition to mindfulness and many in between. 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://vayapartners.org/event/enriching-mental-health-with-complementary-treatments-part-2-meditation-mindfulness-spirituality-and-yoga-w-heart-12-8-2026/ or call Macon County Public Library at (828) 524-3600.

CFAC Meeting – Region 1

December 8, 2026 | 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@vayapartners.org or call any CFAC support staff (1-800-893-6246). Meeting connection: Phone: 1-828-552-4129 Conference ID: 150 796 686#

Unseen Losses: Aging, Grief, and Change

December 10, 2026 | 10 am to 11 am | Haywood County Public Library
This is a free in-person event at Haywood County Public Library located at 678 S Haywood St Waynesville, facilitated by Vaya Partners' Health Education and Aging Resource Team (HEART). Continuing education hours are provided through NC Department of Health and Human Services. This training equips care providers with tools to recognize and respond to various types of loss and grief, offering practical ways to support caregivers navigating emotional fatigue, role strain, and prolonged uncertainty. Participants will learn grief-informed strategies to foster resilience and promote compassionate, holistic 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://vayapartners.org/event/unseen-losses-aging-grief-and-change-w-heart-12-10-26/ or call Haywood County Public Library at (828) 356-2507.

Aging with I/DD and TBI

December 11, 2026 | 10 am to 11 am | Virtual

This course explores the unique challenges of aging with Intellectual and Developmental Disabilities (I/DD) and Traumatic Brain Injury (TBI). Participants will learn how aging affects individuals with these conditions and discover strategies for supporting their physical, cognitive, and social well-being. Emphasis will be placed on promoting independence and enhancing quality of life as individuals age. This is a free virtual event facilitated by the Vaya Partners HEART team. CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided. Please RSVP below to attend webinar. When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. RSVP is required to attend this event at this link https://vayapartners.org/event/webinar-aging-with-i-dd-and-tbi-e-heart/. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Unseen Losses: Aging, Grief and Change

December 11, 2026 | 11:15 am to 12:15 pm | Virtual

This training equips care providers with tools to recognize and respond to various types of loss and grief, offering practical ways to support caregivers navigating emotional fatigue, role strain, and prolonged uncertainty. Participants will learn grief-informed strategies to foster resilience and promote compassionate, holistic support. This is a free virtual event facilitated by the Vaya Partners HEART team. CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided. Please RSVP at this link https://vayapartners.org/event/webinar-unseen-losses-aging-grief-and-change-e-heart/ then click the buttom below to attend webinar. When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. RSVP is required to attend this event. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Antipsychotics: Indications, Risks, and Challenges

December 14, 2026 | 1 pm to 2 pm | Virtual

This is a free, interactive virtual event hosted by the Vaya Partners', Health Education and Aging Resource Team (HEART). Course Interaction: The live webinar format encourages active participation. Both attendees and presenters can ask questions throughout the session, promoting a dynamic and engaging learning experience. Course Completion and Contact Hours: To qualify for Contact Hour credit, participants must be punctual, sign in at the beginning, attend the entire session, and complete a course evaluation. This is a 1-hour course, and partial credit will not be granted. After submitting the evaluation, certificates of completion will be emailed to participants. Contact Hours are accredited through the North Carolina Department of Health and Human Services. Closed Captioning is available in Spanish. Los subtítulos están disponibles en español. The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic. If you would like to attend this event, please click button below that says "Going" and complete the form. RSVP is required to attend this event at this link https://vayapartners.org/event/webinar-antipsychotics-indications-risks-and-challenges-w-heart12-14-26/. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 825 549 442#

Thinking Critically Reviewing Data and Progress

December 14, 2026 | 5:30 pm to 7:30 pm | Virtual

Making informed decisions starts with understanding the data. In this webinar, participants will learn how to critically review student data, evaluate progress toward IEP goals, and use evidence to guide educational decisions. We'll discuss practical strategies for interpreting data, identifying meaningful trends, and ensuring that progress monitoring supports effective instruction and improved student outcomes. Presented by: Anastacia Newton, ECAC Parent Educator. **Click here to register**

Question, Persuade, Refer: Suicide Prevention

December 15, 2026 | 1 pm to 3 pm | Virtual

Question, Persuade, Refer is an emergency response to someone in crisis. In this training, you'll learn: How to ask the right questions about suicide; How to persuade a person to get help; and How to refer an individual to the right resource. The Microsoft Teams link for the virtual session will be distributed a few days before the training. Register at this link https://vayapartners.org/event/question-persuade-refer-suicide-prevention-15/.

Aging with I/DD and TBI

December 15, 2026 | 1:30 pm to 2:30 pm | Virtual

This course explores the unique challenges of aging with Intellectual and Developmental Disabilities (I/DD) and Traumatic Brain Injury (TBI). Participants will learn how aging affects individuals with these conditions and discover strategies for supporting their physical, cognitive, and social well-being. Emphasis will be placed on promoting independence and enhancing quality of life as individuals age. This is a free virtual event facilitated by the Vaya Partners HEART team. CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided. Please RSVP below to attend webinar. When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. RSVP is required to attend this event at this link https://vayapartners.org/event/webinar-aging-with-i-dd-and-tbi-e-heart-2/. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Unseen Losses: Aging, Grief, and Change

December 15, 2026 | 2:45 to 3:45 pm | Virtual

This training equips care providers with tools to recognize and respond to various types of loss and grief, offering practical ways to support caregivers navigating emotional fatigue, role strain, and prolonged uncertainty. Participants will learn grief-informed strategies to foster resilience and promote compassionate, holistic support. This is a free virtual event facilitated by the Vaya Partners HEART team. CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided. Please RSVP below to attend webinar. When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. RSVP is required to attend this event at this link https://vayapartners.org/event/webinar-unseen-losses-aging-grief-and-change-e-heart-2/. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Becoming Your Child's Best/Most Effective Advocate

December 15, 2026 | 6 pm to 7:30 pm | Virtual

Strong advocacy skills are critical as you work to ensure your child's benefits from his/her education. Learn the steps to help you effectively advocate for your child's needs. Remember, you are an equal partner in your child's education.
Presented by: Anne Johnston, ECAC Parent Educator
CLICK HERE TO REGISTER

Seguridad y peligro con los niños con autismo

December 17, 2026 | 7 pm | Virtual

Esta charla gratuita por Zoom busca crear conciencia sobre el autismo y explicar cuáles son algunos de los peligros que pueden presentarse en el hogar y la comunidad, así como estrategias para prevenir riesgos y responder adecuadamente ante situaciones de emergencia. También se promoverá la comunicación y colaboración entre los padres y los diferentes programas y servicios de apoyo, incluyendo las fuerzas del orden, hospitales, escuelas/centros, y profesionales de apoyo en la comunidad. La charla será presentada por Mariela Maldonado, Senior de Alcance y Apoyo Hispano de la Sociedad de Autismo. Para preguntas de esta charla y pare cursos enviar un email: mmaldonado@autismsociety-nc.org. Regístrate en este enlace https://us06web.zoom.us/webinar/register/WN_bN14x1KvQtG-PDUFYdSUwQ#/registration.

ASNC invites parents and professionals to this free Spanish-language webinar on safety risks for children and adults with autism at home and in the community. Learn practical strategies to prevent risks and access community safety resources.