

REGIONAL RESOURCES AND SUPPORT

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

Need More Outdoors

At Need More Outdoors we know that nature has the power to inspire you, challenge you, and help you discover what you're capable of. That's why we are on a mission to get more kids outside to enjoy the beauty and wonder of Western North Carolina. Through education and adventure-based outdoor programs, we aspire to empower and strengthen local youth to explore the vast possibilities their home has to offer, that they might have not known about before. Our programs aim to improve health, build confidence and life skills, and inspire a lifelong connection to nature. We offer a variety of programs, from kayak instruction camps, leadership camps, and Ecosplash Camps. Need More Outdoors emphasizes that every young person deserves the chance to experience outdoor adventures and educational opportunities, regardless of their economic situation. To support this, they offer scholarships, with funding available to support as many participants as possible. Call (828) 488-6199 to book or visit <https://needmoreoutdoors.org/> for more information.

NC MedAssist

Mobile free pharmacy program gives away free OTC medicine at Harrah's Cherokee Convention Center (1st Floor) located at 777 Casino Dr, Cherokee, NC 28719 from 9 am to 2 pm.

This program has been brought to your community in partnership with EBCI Veterans Services and PHHS. Open to everyone. No appointment or registration required. No income eligibility. No I.D. required. Must be 18 years or older to receive medicines.

Take home free over-the-counter medicine items such as allergy, cough and cold, pain relief, vitamins, children's medicine, and more! Come see us in person on event day or order online and come pick up your medicines.

Order here: www.medassist.org/mobile. Online ordering closes on 7/22/25.

If interested in volunteering to help at this event register today at <https://medassist.org/volunteers/>.

WNC Down Syndrome Alliance Buddy Camp

WNC Down Syndrome Alliance, in a partnership with Lutheridge-Lutherock Ministries, Inc., provides a free summer day camp (the Buddy Camp) for children diagnosed with Down Syndrome between the ages of 6 and 14. Thanks to Kathy Emory for coordinating this event. (kathy kathleen.emory@yahoo.com)

Buddy Camp 2025 – July 14-18 [Click here for 2025 Buddy Camp Registration](#)

WNC Down Syndrome Alliance Buddy Walk

27th Annual Buddy Walk -- Saturday, October 11th, 2025 (11am – 2pm)

ONSITE REGISTRATION Starts 11:00 -- WALK 12:00 NOON LUNCH & FUN 12:30 – 2:00

WHERE: Bill Moore Community Park (Previously named Fletcher Community Park)

Fletcher, NC Directions: (85 Howard Gap rd) From I-26, take exit 44 (US-25N) Follow US-25N for 2.2 miles TURN Right on Howard gap rd, park is on the Left

WHAT IS THE BUDDY WALK ALL ABOUT?

- * To raise awareness about Down syndrome
- * To increase visibility of individuals with Down syndrome
- * To create a community of Buddies for individuals with Down syndrome.

The mission of the Western North Carolina Down Syndrome Alliance is to help create a community that is educated, supportive and inclusive of individuals with Down syndrome. The Buddy Walk is Our largest fundraiser, which we use to support down syndrome children in Western North Carolina. Music programs, Summer Buddy Camp, New Parent Packets, Swimming activities and more. The Buddy Walk help brings awareness of Down Syndrome by making our community more visible to the public.

Mountain Child Care Connections

We can help you find quality childcare. Serving these western North Carolina Counties: Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Polk, Rutherford, Swain & Transylvania. Free and Confidential.

We offer: individualized referrals and consultations; information on over 345 available programs in western NC; types of care available; smart tips for choosing a quality program; and information on fees and fee assistance programs. Information available for finding full-time, part-time, wraparound, afterschool, or summer care. Connecting with an early childhood educator.

Call for a one-on-one session Monday through Friday, 8 am to 5 pm. Or do your own search available online 24/7, <https://stage.worklifesystems.com/parent/2>. Mountain Child Care Connections 877.752.5955 or 828.354.0107. A subsidiary of Southwestern Child Development Commission.

TePodemos ayudarle a encontrar guarderías de calidad. Atendemos a estos condados del occidente de Carolina del Norte: Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Polk, Rutherford, Swain y Transylvania. Gratis & confidencial. Ofrecemos: referencias y consultas individualizadas; información sobre más de 345 programas disponibles en el occidente de Carolina del Norte; tipos disponibles de cuidado; consejos útiles para escoger un programa de calidad; información de pagos y programas de asistencia de pagos. Información disponible para cuidado después del horario de clases, o en verano, a tiempo completo, parcial y envolvente.

Conectar con un(a) educado(a) de educación temprana. Llame para una sesión personal lunes a viernes, 8:00 a. m. a 5:00 p. m. Investiga por ti mismo(a) disponible en línea 24/7 <https://stage.worklifesystems.com/parent/2>. Mountain Child Care Connections: 877.752.5955 o 828.354.0107. Una subsidiaria de la Comisión de Desarrollo Infantil.

Hope4NC

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

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

Our **Hope4NC Helpline** has been activated and is free, confidential, and available 24/7.

Call **1-855-587-3463**

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

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

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

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

Mother's Connection

Every Wednesday

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

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

Western NC Support Group Meeting

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

This support meeting is geared for families in western NC who have a loved one with autism. Folks join to share experiences, challenges and successes. We discuss what resources are helping and what needs there are.

You are invited to a Zoom meeting, please register in advance for this meeting:

[us06web.zoom.us/meeting/register/tZIkfu-prDstHNxuws4BOBPZye1lpNISjXmj](https://us06web.zoom.us/join/9102560765?pwd=Z0pDSThNcXUwS4BOBPZye1lpNISjXmj)

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

Grief Support Group

Second Tuesday of Each Month | 6:30 pm | Harris Regional Health and Fitness Center, 7 Leroy George Dr, Clyde

For individuals who have lost a loved one to the drug crisis--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support? We are *The SHARE Project*, and we are here for you and others like you!

We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that WE DO UNDERSTAND and YOU ARE NOT ALONE! Due to COVID-19 closings, please check our website for time and location. <https://www.theshareproject.org/events/>.

Outreach Support Group

Third Tuesday of each month | 6:30 pm | Harris Regional Health and Fitness Center, 7 Leroy George Dr, Clyde

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

We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that WE DO UNDERSTAND and YOU ARE NOT ALONE! Due to COVID-19 closings, please check our website for time and location. <https://theshareproject.org/upcoming-events/>

Haywood County Support Group of Autism Society of NC

Second 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 workshops are offered in-person or via Zoom. All in-person workshops are provided at our Asheville 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 this link to view the calendar and links to classes.

<https://ontrackwnc.org/what-we-do/workshops.html/calendar/38567484/2025/7>

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 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!

- **Duration:** 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)
-

On-Demand Classes

The classes below are pre-recorded. Complete them at any time 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

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. To see if there is a service to help you, follow this link [Get Help - Legal Aid of North Carolina](#) and click on the area you need help with.

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/>.

PTSD: Healing the Emotional Wound

July 8, 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.

When trauma occurs, it can have lasting effects on the person who experiences it and their caregiver. This presentation defines PTSD (Post-Traumatic Stress Disorder) and reviews the impact of trauma. Highlighted are treatment options and self-care strategies related to older adults.

If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-ptsd-healing-the-emotional-wound-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 470 530 09#

Facing Substance Use and Misuse in Your World

July 8, 2025 | 1:30 pm to 2:30 pm | Macon County Public Library

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

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

Substance use is a reality in every community. Possibly you or someone in your life has been impacted by the challenges of substance use and addiction. This course identifies common substances, addiction development, and their impact on families and communities. The focus is on the older adult population regarding identification, safety, treatment, and recovery.

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-substance-use-and-misuse-in-your-world-wgamhst-7-8-2025/> or call Macon County Public Library at (828) 524-3600.

Treating Dementia: Medications and More

July 11, 2025 | 11:15 am to 12:15 pm | Virtual

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-treating-dementia-medications-and-more-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.

Neurocognitive Disorders and the Basics of Dementia

July 15, 2025 | 1:30 pm to 2:30 pm | Virtual

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-neurocognitive-disorders-and-the-basics-of-dementia-behaviors-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.

Treating Dementia: Medications and More

July 15, 2025 | 2:45 pm to 3:25 pm | Virtual

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-treating-dementia-medications-and-more-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.

Question, Persuade, Refer: Suicide Prevention

July 17, 2025 | 10 am to 12 pm | Virtual

In this training, you'll learn: How to ask the right questions about suicide; How to persuade a person to get help; and How to refer an individual to the right resource. The Microsoft Teams link will be sent out a few days prior to the training. Follow this link to RSVP <https://www.vayahealth.com/event/question-persuade-refer-suicide-prevention-8/>

Facing Substance Use and Misuse in Your World

July 21, 2025 | 1 pm to 2 pm

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. Substance use is a reality in every community.

Possibly you or someone in your life has been impacted by the challenges of substance use and addiction. This course identifies common substances, addiction development, and their impact on families and communities. The focus is on the older adult population regarding identification, safety, treatment, and recovery.

If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-facing-substance-use-and-misuse-in-your-world-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 208 167 784#

PTSD: Healing the Emotional Wound

July 22, 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. When trauma occurs, it can have lasting effects on the person who experiences it and their caregiver.

This presentation defines PTSD (Post-Traumatic Stress Disorder) and reviews the impact of trauma. Highlighted are treatment options and self-care strategies related to older adults.

If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/ptsd-healing-the-emotional-wound-wgamhst-7-22-25/> then click button below that says “Going” and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter. Registration Required: Please register here or call Jackson County Public Library at (828)586-2016.

Enriching Mental Health with Complementary Treatments: Part 3 (Acupuncture, Aroma Therapy, Essential Oils, and Massage)

July 29, 2025 | 1 pm to 2 pm | Graham County Public Library

This is a free in-person event at Graham County Public Library located at 80 Knight St, Robbiinsville, 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 Acupuncture, Aroma Therapy, Essential Oils, and Massage.

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-3-acupuncture-aroma-therapy-essential-oils-amp-massage-wgamhst-7-29-25/> or call Graham County Public Library at (828) 479-8796.