

# REGIONAL RESOURCES AND SUPPORT

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

## **Circle of Security Parenting**

Virtual | Tuesdays | 12 pm to 1:30 pm | Free

Class begins August 5, 2025

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

LEARNING OBJECTIVES OF THE PROGRAM: Understand your child's emotional world by learning to read the emotional needs; Support your child's ability to successfully manage emotions; Enhance the development of your child's self esteem; and, Honor your innate wisdom and desire for your child to be secure.

Presented by Mary Nation. Participants must reside in one of the following counties: Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Swain, Transylvania, or Yancey. For more information reach out to Mary at 828.820.5147 or [mnation@ccdnc.org](mailto:mnation@ccdnc.org).

## **Highland Cashiers Players**

The mission of the Highlands Cashiers Players is to elevate the cultural environment of the Highlands Cashiers area by offering first rate theatrical productions; to seek out and develop the ample theatrical skills of the Plateau residents of all ages; and to foster the camaraderie of participants in theatrical productions. Our motto has always been "good plays, well done", but of equal importance is to provide a stage for local citizens to both develop and display their theatrical talent. But it is so much more..... Sign up for the newsletter, learn about scheduled auditions, sign up to volunteer, and know what playing at <https://www.highlandscashiersplayers.com/>.

## **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**

**Friday, August 1, 2025**--Mobile free pharmacy program gives away free OTC medicine at Pinnacle Church located at 415 Fibreville St, Canton, NC 28716 from 9 am to 2 pm.

This program has been brought to your community in partnership with Southwestern Commission and Vaya Health.

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: <https://medassist.org/mobile-free-pharmacy/>. Online ordering closes at 500 or on 7/25 whichever comes first.

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

## **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.

## **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](mailto: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

2<sup>nd</sup> 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/join/zoom-join-link](https://us06web.zoom.us/join/zoom-join-link)

After registering, you will receive a confirmation email containing information about joining the meeting. Please contact Meleah Lowe, ASNC Support Groups Specialist at [m Lowe@autismsociety-nc.org](mailto:m Lowe@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 | 7 Leroy George Dr, Clyde  
Harris Regional Health and Fitness Center

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

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

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

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 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>

### **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:** \$75 (covers registration, materials, and snacks)

*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
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#### **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/>.

## **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 policy-makers. 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>.

## **IEP Road Trip**

August 4, 2025 | 6 pm - 7:30 pm | Virtual

For this webinar, we will explore different parts of the IEP for students attending North Carolina Public Schools and the rules of the road. We'll cover a lot of territory and how to navigate roadblocks and detours that may occur along the way. Upon reaching our final destination, passengers will have a better understanding of special education terminology, the IEP process and will know how to prepare for and participate in IEP meetings.

Presented by: Amanda Sonnenberg, ECAC PTI Manager.

Follow this link to register <https://www.ecac-parentcenter.org/calendar/>.

## **Registry of Unmet Needs Training**

August 5, 2025 | 1 pm to 2:30 pm | Virtual

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.

Trainers: Dennesha Mebane and Laura Sharpe.

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](mailto:training@vayahealth.com). Follow this link to register <https://www.vayahealth.com/event/registry-of-unmet-needs-training-4/> then click going.

## **Bipolar Disorder: Creating Balance**

August 5, 2025 | 2 pm - 3 pm

This is a free in-person event at Haywood County Public Library: Waynesville Branch, located at 678 S Haywood St, Waynesville NC 28786, facilitated by the Vaya Health's, Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC 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 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/bipolar-disorder-creating-balance-wgamhst-8-5-25/> or call Haywood County Public Library: Waynesville Branch at (828) 452-5169.

## **An Overview of Mental Health Part 1: Depression, Anxiety and Substance Use**

August 6, 2025 | 1 pm - 2 pm | Virtual

This is a free, interactive virtual event hosted by the Vaya Health’s, 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.

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 follow this link <https://www.vayahealth.com/event/webinar-an-overview-of-mental-health-part-1-depression-anxiety-substance-use/> 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 597 351 24#

## **Personality Disorders: Reaction to Interaction Part 1**

August 8, 2025 | 10 am - 11 am | 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.

Follow this link to register <https://www.vayahealth.com/event/webinar-personality-disorders-reaction-to-interaction-part-1-egamhst/>. 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. 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.

## **Personality Disorders: Reaction to Interaction Part 2**

August 8, 2025 | 11:15 am - 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.

Follow this link to register <https://www.vayahealth.com/event/webinar-personality-disorders-reaction-to-interaction-part-2-egamhst/>. 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. 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.

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

August 12, 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 our **calendar**.*

## **Emotional Recovery from a Natural Disaster**

August 12, 2025 | 1:30 pm - 2:30 pm

This is a free in-person event at Macon County Public Library, located at 149 Siler Farm Rd, Franklin, NC 28734, facilitated by the Vaya Health's, Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC Department of Health and Human Services.

In this course, you'll learn about the physical and emotional effects of a disaster and how people commonly react to trauma. You'll also gain practical tips for coping with stress and emotions in healthy ways, helping you build better resilience during tough times.

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/emotional-recovery-from-a-natural-disaster-wgamhst-8-12-2025/> or call Macon County Public Library at (828) 524-3600.

## **CFAC Meeting – Region 1**

August 12, 2025 | 6 pm - 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#

## **Communication and Collaboration**

August 13, 2025 | 5:30 pm - 7:00 pm

Dive into a dynamic discussion on mastering communication and collaboration during IEP meetings. We'll explore strategies to stay calm under pressure and navigate tense moments with ease. Plus, learn about the pathways available for resolving disputes effectively.

Don't miss out on this opportunity to empower yourself and strengthen your advocacy skills! Presented by: Anastacia Newton, ECAC Parent.

Follow this link to register <https://www.ecac-parentcenter.org/calendar/>.

## **An Overview of Mental Health Part 2: Neurocognitive Disorders, Delirium & Suicide**

August 14, 2025 | 1 pm - 2 pm | Virtual

This is a free, interactive virtual event hosted by the Vaya Health's, 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.

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 follow this link <https://www.vayahealth.com/event/webinar-an-overview-of-mental-health-part-2-neurocognitive-disorders-delirium-suicide/> 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 435 286 365#

## **Personality Disorders: Reaction to Interaction Part 1**

August 19, 2025 | 1:30 pm - 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.

Follow this link to register <https://www.vayahealth.com/event/webinar-personality-disorders-reaction-to-interaction-part-1-egamhst-2/>. 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. 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.

## **Personality Disorders: Reaction to Interaction Part 2**

August 19, 2025 | 2:45 pm to 3:45 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.

Follow this link to register <https://www.vayahealth.com/event/webinar-personality-disorders-reaction-to-interaction-part-2-egamhst-2/>. 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. 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.

## **Facing Substance Use and Misuse in Your World**

August 26, 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, NC 28779, facilitated by the Vaya Health's, Health Education and Aging Resource Team (HEART).

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/> or call Jackson County Public Library at (828)586-2016.

## **Anxiety: Managing Nervous Energy**

August 28, 2025 | 12:30 pm to 1:30 pm

This is a free in-person event at Macon County Senior Services, located at 108 Wayah St, Franklin, NC 28734, facilitated by the Vaya Health’s, Health Education and Aging Resource Team (HEART).

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/> or call Macon County Senior Services at 828-349-2058.