

REGIONAL MEETINGS & SUPPORT

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

The Extra Mile Shoe Fund

The Extra Mile Shoe Fund has partnered with local school systems to provide footwear to underserved youth. If you live in Cherokee, Clay or Graham Counties and need shoes, please reach out to your school counselors. To learn more about this initiative visit <https://gotheextramiletoday.org/#initiatives>.

The Extra Mile Scholarship

The Extra Mile Scholarship is proudly part of Go the Extra Mile Today, a designated 501(c)(3) non-profit organization dedicated to empowering youth and breaking down barriers to success. Founded with the mission to provide essential resources and opportunities. To learn more about this initiative visit <https://www.extramileaward.com/>.

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/tZlkfu-prDstHNxuws4BOBPZye1pNISJXmj](https://us06web.zoom.us/join/9178290208?pwd=ZUJkdjRlYkxwZWdScDZkdzFMcE9KLT09)

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

Grief Support Group

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>

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.

<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

- 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 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>.

Como ayudar a mi hijo con Autismo / How to Help My Child with Autism

February 4, 2026 / 10 am / Virtual

La Sociedad de Autismo le invita a usted a la charla en español gratuita via Zoom que explica el autismo, recursos y los servicios en el hogar y la comunidad. Vanessa Vasquez, Especialista Bilingüe de los Recursos del Autismo realizara esta presentación. Sigue este enlace para registrarte

https://uso6web.zoom.us/webinar/register/WN_tYDquaaHSEuwl6xM1KQo4w#/registration

ENGLISH: The Autism Society of North Carolina invites you to this Spanish language presentation explaining what autism is, resources, and services. Vanessa Vazquez, Bilingual Autism Resource Specialist, will provide this presentation. Follow this link to register https://us06web.zoom.us/webinar/register/WN_tYDquaaHSEuwl6xM1KQo4w#/registration

Ageism in Focus

February 4, 2026 / 10:30 am to 11:30 am

This is a free in-person event at Jackson County Senior Center located at 100 County Services Park Dr, Sylva, facilitated by the Vaya Health's, Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC Department of Health and Human Services. This course offers an examination of ageism and its effects on older adults in various aspects of life, including health care, social interactions, and community engagement. Participants will gain a deeper understanding of how age-based discrimination impacts well-being and learn practical strategies to challenge and reduce ageism, fostering a more inclusive and respectful environment for all ages. 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/ageism-in-focus-w-heart/> or call Jackson County Senior Center at (828)586-5494.

Ageism in Focus

February 4, 2026 / Virtual

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. This course offers an examination of ageism and its effects on older adults in various aspects of life, including health care, social interactions, and community engagement. Participants will gain a deeper understanding of how age-based discrimination impacts well-being and learn practical strategies to challenge and reduce ageism, fostering a more inclusive and respectful environment for all ages. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-ageism-in-focus-w-heart2-4-26/> 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 113 726 771#

After the Diagnosis: Helping the Older Child Navigate the Journey

February 10, 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**.*

Ageism in Focus

February 10, 2026 / 1:30 pm to 2:30 pm

This is a free in-person event at Macon County Public Library located at 149 Siler Farm Rd, Franklin, facilitated by the Vaya Health's Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC Department of Health and Human Services. This course offers an examination of ageism and its effects on older adults in various aspects of life, including health care, social interactions, and community engagement. Participants will gain a deeper understanding of how age-based discrimination impacts well-being and learn practical strategies to challenge and reduce ageism, fostering a more inclusive and respectful environment for all ages. 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/ageism-in-focus-w-heart-2-10-2026/> or call Macon County Public Library at (828) 524-3600.

Facing the Emotional Challenges of Chronic Illness

February 13, 2026 / 10 am to 11 am / Virtual

Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes. This is a free virtual event facilitated by the Vaya Health 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 <https://www.vayahealth.com/event/webinar-facing-the-emotional-challenges-of-chronic-illness-e-heart/> then click 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

February 13, 2026 / 11:15 am to 12:15 am / Virtual

Supporting an older adult with a personality disorder can be challenging. This training looks at specific personality disorders, what to expect, and treatment options. Also shared are tips used to make interactions smoother and more effective. This is a free virtual event facilitated by the Vaya Health 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 <https://www.vayahealth.com/event/webinar-personality-disorders-reaction-to-interaction-e-heart/> then click 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 the Emotional Challenges of Chronic Illness Part 2: Diabetes

1 pm to 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. Closed Captioning is available in Spanish. Los subtítulos están disponibles en español. Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical

and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-facing-the-emotional-challenges-of-chronic-illness-part-1-diabetes-w-heart2-16-26/> 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 572 877 450#

NC Innovations Waiver and Waitlist Training

February 17, 2026 / 10 am to 11:30 am / 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: Dennesha Mebane and Julie Davis. 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. To register follow this link <https://www.vayahealth.com/event/nc-innovations-waiver-and-waitlist-training/> then click RSVP Here.

Facing the Emotional Challenges of Chronic Illness

February 17, 2026 / 1:30 pm to 2:30 pm / Virtual

Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes. This is a free virtual event facilitated by the Vaya Health 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 <https://www.vayahealth.com/event/webinar-facing-the-emotional-challenges-of-chronic-illness-e-heart-2/> then click 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

February 17, 2026

2:45 pm to 3:45 pm

Virtual

Supporting an older adult with a personality disorder can be challenging. This training looks at specific personality disorders, what to expect, and treatment options. Also shared are tips used to make interactions smoother and more effective. This is a free virtual event facilitated by the Vaya Health 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 <https://www.vayahealth.com/event/webinar-personality-disorders-reaction-to-interaction-e-heart-2/> then click 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.

El Acoso Escolar- Bullying en las escuelas públicas

February 19, 2026

7 pm

La Sociedad de Autismo de NC en colaboración con ECAC, invita a padares y profesionales a esta charla que explica los procedimientos por casos de Acoso Escolar en las escuelas públicas. Presenters: Millie Ramos de ECAC and Mariela Maldonado de ASNCSCNC. Envíe sus preguntas a mmaldonado@autismsociety-nc.org. Sigue este enlace para registrarte https://us06web.zoom.us/webinar/register/WN_kcBjbKxUSEicMFG_bvzYgg#/registration

Question, Persuade, Refer: Suicide Prevention

February 24, 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 will be sent out a few days prior to the training. Follow this link to register <https://www.vayahealth.com/event/question-persuade-refer-suicide-prevention-2/>.

Ageism in Focus

February 24, 2026 / 1:30 pm to 2:30 pm

This is a free in-person event at Jackson County Public Library located at 310 Keener St, Sylva, facilitated by the Vaya Health's, Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC Department of Health and Human Services. This course offers an examination of ageism and its effects on older adults in various aspects of life, including health care, social interactions, and community engagement. Participants will gain a deeper understanding of how age-based discrimination impacts well-being and learn practical strategies to challenge and reduce ageism, fostering a more inclusive and respectful environment for all ages. 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/ageism-in-focus-w-heart-2-24-2026/> or call Jackson County Public Library at (828)586-2016.