

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.worklivesystems.com/parent/2>. Mountain Child Care Connections 877.752.5955 or 828.354.0107. A subsidiary of Southwestern Child Development Commission.

TePodemos ayudarle a encontrar guarderías de calidad. Atendemos a estos condados del occidente de Carolina del Norte: Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Polk, Rutherford, Swain y Transylvania. Gratis & confidencial. Ofrecemos: referencias y consultas individualizadas; información sobre más de 345 programas disponibles en el occidente de Carolina del Norte; tipos disponibles de cuidado; consejos útiles para escoger un programa de calidad; información de pagos y programas de asistencia de pagos. Información disponible para cuidado después del horario de clases, o en verano, a tiempo completo, parcial y envolvente. Conectar con un(a) educado(a) de educación temprana. Llame para una sesión personal lunes a viernes, 8:00 a. m. a 5:00 p. m. Investiga por ti mismo(a) disponible en línea 24/7 <https://stage.worklivesystems.com/parent/2>. Mountain Child Care Connections: 877.752.5955 o 828.354.0107. Una subsidiaria de la Comisión de Desarrollo Infantil.

Hope4NC

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

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/>

Support Groups of Autism Society of NC

Please refer to the Autism Society of North Carolina at www.autismsociety-nc.org to find a support group in your county.

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 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. 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>.

Child and Family Teams 1 Revised Training (CFT)

May 5 & 6, 2026 | 9 am – 4 pm both days

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 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@vayahealth.com. Register at this link <https://www.vayahealth.com/event/child-and-family-teams-1-revised-training-cft/>.

Brain Health In Aging

May 6, 2026 | 10:30 am – 11:30 am

This is a free in-person event at Jackson County Senior Center located at 100 County Services Park Drive, 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. With focus on maintaining brain health as we age, participants will learn about normal cognitive aging, risk factors for decline, and strategies to support brain health through lifestyle choices like nutrition, exercise, and mental stimulation. Practical tips for caregivers and healthcare professionals will be provided to enhance the cognitive well-being of older adults. 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/brain-health-in-aging-w-heart5-6-25/> or call Jackson County Senior Center at (828)586-5494.

Facing Substance Use and Misuse in Your World

May 6, 2026 | 1 pm to 2 pm

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. Substance use is a reality in every community. 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 can come back to this page <https://www.vayahealth.com/event/webinar-facing-substance->

[use-and-misuse-in-your-world-w-heart5-6-26/](#) 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 195 755 319#

Question, Persuade, Refer: Suicide Prevention

May 7, 2026 | 10 am to 12 pm

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. Register at this link <https://www.vayahealth.com/event/question-persuade-refer-suicide-prevention-5/>.

Entendiendo el IEP- Plan Individualizado en la Escuela Publica

May 7, 2026 | 7 pm

La Sociedad de Autismo invita a padres y profesionales a este Seminario Web en español que explica el Plan Individual Escolar- IEP y los recursos de apoyo. Objetivos: • Que es la ley IDEA; • Proceso y seguimiento del IEP; y • Recursos de Apoyo. Para información sobre este Seminario Web y Recursos en Español contacte a Mariela Maldonado, Senior de Alcance y Recursos Hispanos, 919-302-4625 o, por email, mmaldonado@autismsociety-nc.org

The Autism Society of North Carolina invites parents and professionals to attend this webinar (in Spanish) that will explain the IEP process, follow-up, and support resources. For more information and resources in Spanish, please contact mmaldonado@autismsociety-nc.org. Regístrese en este enlace https://uso6web.zoom.us/webinar/register/WN_1nnvbcFrS2qsUaUy2Z1Owg#/registration.

Exploring the Use of Artificial Intelligence for Services Navigation

May 7, 2026 | 6 pm to 7 pm | Virtual

Artificial Intelligence (AI) can be a powerful tool for families and professionals navigating vocational rehabilitation, independent living, and other services. Join us to learn how you can use AI tools to help find resources, prepare for meetings, organize information, and explore career options. We'll share practical examples, simple tools you can use right away, and tips for using AI safely and responsibly.

CLICK HERE TO REGISTER

Ageism in Focus

May 8, 2026 | 10 am to 11 am

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. 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 follow this link <https://www.vayahealth.com/event/webinar-ageism-in-focus-e-heart/> 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.

PTSD: Healing the Emotional Wound

May 8, 2026 | 11:15 am to 12:15 pm

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.

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 follow this link <https://www.vayahealth.com/event/webinar-ptsd-healing-the-emotional-wound-e-heart/> 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.

Brain Health in Aging

May 12, 2026 | 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, 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. With focus on maintaining brain health as we age, participants will learn about normal cognitive aging, risk factors for decline, and strategies to support brain health through lifestyle choices like nutrition, exercise, and mental stimulation. Practical tips for caregivers and healthcare professionals will be provided to enhance the cognitive well-being of older adults. 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/brain-health-in-aging-w-heart-5-12-2026/> or call Macon County Public Library at (828) 524-3600.

After the Diagnosis: Helping the Older Child Navigate the Journey

May 12, 2026 | 7 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, email Ruth Byrum at rbyrum@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-- <https://www.autismsociety-nc.org/autism-workshops/>.

NC Innovations Waiver and Waitlist Training

May 12, 2026 | 3 pm to 5 pm

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: Jessica Edwards and Jenni Irwin. 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. Register at this link <https://www.vayahealth.com/event/nc-innovations-waiver-and-waitlist-training-2/>.

Exploring AI

May 14, 2026 | 6 pm to 7 pm | Virtual

Artificial Intelligence (AI) can be a powerful tool for families and professionals navigating vocational rehabilitation, independent living, and other services. Join us to learn how you can use AI tools to help find resources, prepare for meetings, organize information, and explore career options. We'll share practical examples, simple tools you can use right away, and tips for using AI safely and responsibly. ****This training is only for STUDENTS with disabilities (ages 12-22) who live in North Carolina. CLICK HERE TO REGISTER**

Not as Prescribed: Effects of Medication Misuse

May 18, 2026 | 1 pm to 2 pm

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. Did you know misuse of medications is a growing problem in older adults? This course will review how the aging process can lead to unintentional misuse and adverse changes to the brain. Here, we will discuss interventions and methods available to support the reduction of this evolving concern.

If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-not-as-prescribed-effects-of-medication-misuse-w-heart5-18-26/> 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 363 961 319#

Ageism in Focus

May 19, 2026 | 1:30 pm to 2:30 pm

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.

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 follow this link <https://www.vayahealth.com/event/webinar-ageism-in-focus-e-heart-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.

PTSD: Healing the Emotional Wound

May 19, 2026 | 2:45 pm to 3:45 pm

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. 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 follow this link <https://www.vayahealth.com/event/webinar-ptsd-healing-the-emotional-wound-e-heart-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.

La Nutrición y el Autismo | Autism and Nutrition

May 21, 2026 | 7 pm | Virtual

La Sociedad de Autismo invita a padres y profesionales a este Seminario Web en español que explica el impacto de la alimentación en los niños/ adultos con autismo. Ana Chouza, Nutricionista Bilingüe será la presentadora. Objetivos: - La relación del intestino y el cerebro; - Entendamos la alimentación libre de gluten y caseína; y - Implementando una alimentación saludable para nuestros hijos. Para información sobre este Seminario Web y Recursos en Español contacte a Mariela Maldonado, Senior de Alcance y Recursos Hispanos, 919-302-4625 o, por email, mmaldonado@autismsociety-nc.org.

The Autism Society invites parents and professionals to this Spanish-language webinar explaining the impact of nutrition on children and adults with autism. Regístrese en este enlace https://us06web.zoom.us/webinar/register/WN_ZqTVKGI-SveD5XTABjp92g#/registration.

Brain Health in Aging

May 26, 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. With focus on maintaining brain health as we age, participants will learn about normal cognitive aging, risk factors for decline, and strategies to support brain health through lifestyle choices like nutrition, exercise, and mental stimulation. Practical tips for caregivers and healthcare professionals will be provided to enhance the cognitive well-being of older adults.

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/brain-health-in-aging-w-heart-5-26-2026/> or call Jackson County Public Library at (828)586-2016.