

JUNE 2026 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.

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>.

Como puedo Ayudar a mi hijo

June 3, 2026

10 am

La Sociedad de Autismo de Carolina del Norte invita a padres y profesionales a esta charla gratuita en español por Zoom que explica el impacto del Autismo y será presentado por Vanessa Vasquez, Especialista Bilingüe de los Recursos del Autismo. Objetivos: • Que es el Autismo; • Estrategias para ayudar a mi hijo; y • Recursos y programas disponibles.

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. Siga este enlace para registrarse https://us06web.zoom.us/webinar/register/WN_CQ17E8PjS46bojct-vZQcA#/registration.

Autism Society of North Carolina invites you to this presentation in Spanish explaining what autism is, resources, and services. Vanessa Vazquez, Bilingual Autism Resource Specialist, will provide this presentation. Free registration. Please share this link with Hispanic families. More information and Resources in Spanish, mmaldonado@autismsociety-nc.org

The Wallet and The Vault – ABLE Accounts vs Special Needs Trusts

June 3, 2026

7 pm to 8:30 pm

Virtual

In this webinar, we will break down: Differences between an ABLE account and a Special Needs Trust; Rules, limits, pros, and cons of NC ABLE Accounts; Three main types of Special Needs Trusts; and Learn how to keep your resources safe, maximize your savings, and build financial security on your own terms. Presented by: Mike Davis, Certified Financial Planner and Chartered Special Needs Consultant, Legs Financial. Follow this link to register <https://www.ecac-parentcenter.org/calendar/>.

PTSD: Healing the Emotional Wound

June 8, 2026

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. 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-w-heart6-8-26/> 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 286 410 202#

After the Diagnosis: Helping the Older Child Navigate the Journey

June 9, 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.

Manejando el comportamiento de mi hijo

June 9, 2026

12 pm

Virtual

La Sociedad de Autismo de Carolina del Norte invita padres y profesionales a esta presentación gratuita por Zoom solo en español para explicar cómo ayudar a nuestro hijo en situaciones de Crisis en su comportamiento. . La presentadora es Merlín Duran, ABA- Bilingüe Profesional Clínica de ASNC. Por favor envíe sus preguntas a Mariela Maldonado Senior del Programa de Alcance y Apoyo Hispano, mmaldonado@autismsociety-nc.org. Siga este enlace para registrarse https://us06web.zoom.us/webinar/register/WN_Bj46qKWqTduUS1-EHnhXJQ#/registration.

Autism Society of North Carolina invites parents to this free Zoom presentation, in Spanish only, to explain How managing behaviors with children with Autism. The presenter is Merlin Duran, ASNC Bilingual Clinical Professional – ABA. Please send your questions to mmaldonado@autismsociety-nc.org.

PTSD: Healing the Emotional Wound

June 9, 2026

1:30 pm to 2:30 pm

Macon County Public Library

This is a free in-person event at Macon County Public Library located at 149 Siler Farm Rd, Franklin, facilitated by the Vaya Health's Health Education and Aging Resource Team (HEART). 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 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/ptsd-healing-the-emotional-wound-w-heart-6-9-2026/> or call Macon County Public Library at (828) 524-3600.

CFAC Meeting – Region 1

June 9, 2026

6 pm to 8 pm

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 or call any CFAC support staff (1-800-893-6246). Meeting connection: Phone: 1-828-552-4129 Conference ID: 150 796 686#

Diabetes Management

June 11, 2026

9 am to 11 am

Virtual

This diabetes training is designed to provide participants with foundational knowledge about diabetes and essential self-management skills. The program aims to increase awareness and understanding of the condition, empowering individuals to take control of their health or better support those living with diabetes. This training is suitable for community stakeholders wanting to expand their knowledge of diabetes care and management. This is a virtual session, and the MS Teams link will be emailed out several days prior to the session. Follow this link to register

<https://www.vayahealth.com/event/diabetes-management-2/>.

Neurocognitive Disorders and the Basics of Dementia Top 4 Pt 1

June 12, 2026

10 am to 11 am

Virtual

This course aims to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery. 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-neurocognitive-disorders-and-the-basics-of-dementia-top-4-pt-1-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.

Neurocognitive Disorders and the Basics of Dementia Top 4 Pt 2

June 12, 2026

11:15 am to 12:15 pm

Virtual

This course aims to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery. 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-neurocognitive-disorders-and-the-basics-of-dementia-top-4-pt-2-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.

Opportunities to Help During Crisis

June 15, 2026

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. An individual can experience a crisis suddenly and without warning, especially when symptoms of a mental illness are involved. As a caregiver or responder, possessing skills that support de-escalation is imperative. Did you know that you can help? This course provides information about crises in older adults, barriers to de-escalation, and specific methods of stabilizing support. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-opportunities-to-help-during-crisis-w-heart6-15-26/> 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 353 912 51#

Attention to Prevention

June 15, 2026

3:30 pm to 6 pm

Robbinsville High School

301 Sweetwater Rd, Robbinsville

This is an environmental health-emergency preparedness event. There will be a variety of local agencies present to provide resources and information to the public about environmental health and emergency preparedness topics. Free

Question, Persuade, Refer: Suicide Prevention

June 16, 2026

1 pm to 3 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-6/>.

Neurocognitive Disorders and the Basics of Dementia Top 4 Pt 1

June 16, 2026

1:30 pm to 2:30 pm

Virtual

This course aims to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery. 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-neurocognitive-disorders-and-the-basic-of-dementia-top-4-pt-1-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.

Neurocognitive Disorders and the Basics of Dementia Top 4 Pt 2

June 16, 2026

2:45 pm to 3:45 pm

Virtual

This course aims to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery. 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-neurocognitive-disorders-and-the-basics-of-dementia-top-4-pt-2-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

June 23, 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. 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 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/ptsd-healing-the-emotional-wound-w-heart-6-23-2026/> or call Jackson County Public Library at (828)586-2016.

Manejando el comportamiento de mi hijo

June 23, 2026

7 pm

Virtual

La Sociedad de Autismo de Carolina del Norte invita padres y profesionales a esta presentación gratuita por Zoom solo en español para explicar cómo ayudar a nuestro hijo en situaciones de Crisis en su comportamiento. . La presentadora es Merlín Duran, ABA- Bilingüe Profesional Clínica de ASNC. Por favor envíe sus preguntas a Mariela Maldonado Senior del Programa de Alcance y Apoyo Hispano, mmaldonado@autismsociety-nc.org. Siga este enlace para registrarse

https://us06web.zoom.us/webinar/register/WN_oTI_NaCxTsizAHopBv3F2A#/registration.

Autism Society of North Carolina invites parents to this free Zoom presentation, in Spanish only, to explain How managing behaviors with children with Autism. The presenter is Merlín Duran, ASNC Bilingual Clinical Professional – ABA. Please send your questions to mmaldonado@autismsociety-nc.org.

Anxiety: Managing Nervous Energy

June 30, 2026

11 am to 12 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. 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 follow this link <https://www.vayahealth.com/event/webinar-anxiety-managing-nervous-energy-w-heart7-1-26/> 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 299 929 916#