

REGIONAL MEETINGS & SUPPORT *(not hosted by RAPC)*

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-prDstHNxuws4BOBPZye1lpNISJXmj](https://us06web.zoom.us/join/zoom/register/tZlkfu-prDstHNxuws4BOBPZye1lpNISJXmj)

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

Grief Support Group

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

For individuals who have lost a loved one to the drug crisis--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support? We are *The SHARE Project*, and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that WE DO UNDERSTAND and YOU ARE NOT ALONE! Due to COVID-19 closings, please check our website for time and location.
<https://www.theshareproject.org/events/>.

Outreach Support Group

Third Tuesday of each month

6:30 pm

Harris Regional Health and Fitness Center

7 Leroy George Dr, Clyde

Outreach Support Group—For individuals who have a loved one suffering from addiction--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support? We are *The SHARE Project*, and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that WE DO UNDERSTAND and YOU ARE NOT ALONE! Due to COVID-19 closings, please check our website for time and location. <https://theshareproject.org/upcoming-events/>

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 free, 1.5 long—with the exception of our All-Day Homebuyer Workshop—and are offered in-person or via Zoom. Interpretation available upon request. Email info@ontrackwnc.org to request interpretation services. All in-person workshops are provided at our Asheville office., located at: 50 South French Broad Avenue, Suite 222, 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:** \$100 (covers registration, materials, and snacks)

The classes listed below are free and 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 - 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>.

How Can I help My Child (Spanish Language Only)

October 7, 2026

10 am

The Autism Society of North Carolina invites parents and professionals to this free talk in Spanish via Zoom that explains the impact of autism and will be presented by Vanessa Vasquez, Bilingual Autism

Resource Specialist. Objectives: • What is autism? • Strategies to help my child • Available resources and programs. Register using this Zoom link: **us06web.zoom.us/webinar/register/WN_dL-kSjpLRTOV51Ux3cb3Q**. For information about this webinar and resources in Spanish, contact Mariela Maldonado, Senior Coordinator of Outreach and Support to the Hispanic Community, at 919-302-4625 or by email at **mmaldonado@autismsociety-nc.org**. *The Autism Society of North Carolina invites you to this presentation, only in Spanish, explaining what autism is and autism resources and services. Bilingual Autism Resource Specialist Vanessa Vazquez will make this presentation. Free registration using this link **us06web.zoom.us/webinar/register/WN_klbotdB8QiSwB52JG6YuYQ** . Please share this link with Hispanic families. For more information and resources in Spanish, email Mariela Maldonado, Senior Hispanic Outreach and Support Coordinator at **mmaldonado@autismsociety-nc.org** .*

Personality Disorders: Reaction to Interaction

October 7, 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. 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. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-personality-disorders-reaction-to-interaction-w-heart10-7-26/> then click button below that says "Going" and complete the form. RSVP is required to attend this event. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 752 308 668#

Everyone Belongs -- Inclusion

October 7, 2026

5 pm to 6 pm

Virtual

This workshop discusses the philosophy, legal issues, barriers and strategies related to the inclusion of students with disabilities in regular classroom settings. Participants will have a better understanding of how to partner with teachers to create inclusive school environments for students, including students with significant disabilities.

Presented by: Mandy Sonnenberg, ECAC Assistant Director of Programs

CLICK HERE TO REGISTER

Self-Care: Learning to Live Well, Work Well

October 8, 2026

10 am to 11 am

Haywood County Public Library

This is a free in-person event at Haywood County Public Library located at 678 S Haywood St, Waynesville, facilitated by Vaya's Health Education and Aging Resource Team (HEART). Continuing education hours are provided through NC Department of Health and Human Services. This training supports care providers in recognizing stress, understanding its impact, and developing practical self-care routines. Participants will explore how prioritizing their own well-being leads to more sustainable and effective care for others. 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/self-care-learning-to-live-well-work-well-w-heart-10-8-26/> or call Haywood County Public Library at (828) 356-2507.

Understanding Schizophrenia and Psychosis

October 9, 2026

10 am to 11 am

Virtual

People living with schizophrenia and other psychotic disorders have been misunderstood throughout history. In this presentation, the focus is on the manifestation of symptoms, causality, and risk factors. We'll also explore ways to support and treat an individual experiencing psychosis. 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 this link <https://www.vayahealth.com/event/webinar-understanding-schizophrenia-and-psychosis-e-heart/> and click Going 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. RSVP is required to attend this event. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Antipsychotics: Indications, Risk and Challenges

October 9, 2026

11:15 am to 12:15 pm

Virtual

The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic. 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 this link

<https://www.vayahealth.com/event/webinar-antipsychotics-indications-risk-and-challenges-e-heart/> then click Going 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. RSVP is required to attend this event. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

After the Diagnosis: Helping the Older Child Navigate the Journey

October 13, 2026

10 am

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**.*

Self-Care: Learning to Live Well, Work Well

October 13, 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 Vaya's Health Education and Aging Resource Team (HEART). Continuing education hours are provided through NC Department of Health and Human Services. This training supports care providers in recognizing stress, understanding its impact, and developing practical self-care routines. Participants will explore how prioritizing their own well-being leads to more sustainable and effective care for others. 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/self-care-learning-to-live-well-work-well-w-heart-10-13-2026/> or call MaconCounty Public Library at (828) 524-3600.

CFAC Meeting – Region 1

October 13 @ 6:00 pm – 8:00 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#

Transición a la Vida Adulta

October 14, 2026

7 pm to 8:30 pm

Virtual

Este taller brinda a familias y estudiantes con discapacidades una guía clara sobre el proceso de Transición a la Vida Adulta desde el sistema escolar. Exploraremos cómo el IEP debe incluir metas de transición a partir de los 14 o 16 años (según el estado), enfocándonos en educación postsecundaria, empleo y vida independiente. También discutiremos recursos disponibles en la comunidad y cómo preparar un plan realista para el futuro. El objetivo es que los estudiantes y sus familias estén mejor preparados para tomar decisiones informadas y alcanzar sus metas de vida adulta. *Presentado por, Millie Ramos, educadora bilingüe de padres de ECAC.* Haz clic aquí para registrarte

The Stay Safe Program – Building Safety Awareness for Individuals with Disabilities, Families, and Caregivers

October 15, 2026

12 pm to 2 pm

Virtual

The Stay Safe Program is a practical, easy-to-understand program designed for individuals with autism and intellectual and developmental disabilities (I/DD), as well as caregivers, family members, educators, support professionals, and community members seeking to improve personal safety and emergency preparedness. This webinar will provide strategies to help participants recognize risks, communicate effectively with first responders, prevent emergencies, and respond more safely when emergencies occur. Topics covered will include safe interaction with police and first responders, fire safety, online safety, wandering prevention tips and more. Who should attend? Individuals with disabilities, family members, caregivers, educators, support staff, and community members interested in improving safety awareness and emergency preparedness. This webinar is a live event only. It will not be recorded. Presented by: Dustin Chandler, Founder – Interaction Advisory Group

[Click here to register](#)

Early Childhood Transitions

October 15, 2026

5:30 pm to 7 pm

Virtual

Families preparing for early childhood transitions, from one educational setting to another, can experience any number of emotions from excitement to uncertainty. During this session, we will provide strategies for supporting yourself and your family and provide resources to assist in understanding the processes of early childhood transitions. *Presented by: Anastacia Newton, ECAC Parent Educator.*

[CLICK HERE TO REGISTER](#)

Neurocognitive Disorders and the Basics of Dementia

October 19, 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. 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. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-neurocognitive-disorders-and-the-basics-of-dementia-w-heart10-19-26/> then click button below that says “Going” and complete the form. RSVP is required to attend this event. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 700 803 87#

Question, Persuade, Refer: Suicide Prevention

October 20, 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 <https://www.vayahealth.com/event/question-persuade-refer-suicide-prevention-10/> then click Going below to register.

Understanding Schizophrenia and Psychosis

October 20, 2026

1:30 pm to 2:30 pm

Virtual

People living with schizophrenia and other psychotic disorders have been misunderstood throughout history. In this presentation, the focus is on the manifestation of symptoms, causality, and risk factors. We'll also explore ways to support and treat an individual experiencing psychosis. 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 this link <https://www.vayahealth.com/event/webinar-understanding-schizophrenia-and-psychosis-e-heart-2/> then click Going 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. RSVP is required to attend this event. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Antipsychotics: Indications, Risks and Challenges

October 20, 2026
2:45 pm to 3:45 pm
Virtual

The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic. 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 this link <https://www.vayahealth.com/event/webinar-antipsychotics-indications-risks-and-challenges-e-heart/> then click Going 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. RSVP is required to attend this event. After you RSVP, you will receive a confirmation email containing the link to join the event. A reminder email with the same link will also be sent prior to the event. Please be sure to check your spam or junk folder, as these emails may occasionally be filtered there.

Parent's Role in Special Education

October 20, 2026
6 pm to 7:30 pm
Virtual

This informative presentation is designed to help parents understand their rights and roles in the IEP process. Participants will learn how to prepare for and participate in meetings, how to understand and ask questions, and how to recognize the different roles of parents and school staff. *Presented by: Anne Johnston, ECAC Parent Educator.* **Click here to register**

The Stay Safe Program – Building Safety Awareness for Individuals with Disabilities, Families, and Caregivers

October 22, 2026
6:30 pm to 8:30 pm
Virtual

The Stay Safe Program is a practical, easy-to-understand program designed for individuals with autism and intellectual and developmental disabilities (I/DD), as well as caregivers, family members, educators, support professionals, and community members seeking to improve personal safety and emergency preparedness. This webinar will provide strategies to help participants recognize risks, communicate effectively with first responders, prevent emergencies, and respond more safely when emergencies occur. Topics covered will include safe interaction with police and first responders, fire safety, online safety, wandering prevention tips and more.

Who should attend? Individuals with disabilities, family members, caregivers, educators, support staff, and community members interested in improving safety awareness and emergency preparedness. This webinar is a live event only. It will not be recorded.

Presented by: Dustin Chandler, Founder – Interaction Advisory Group

Click here to register

OCD: Thought-Behavior Cycle

October 27, 2026

1:30 pm to 2:30 pm

Jackson County Public Library

This is a free in-person event at Jackson County Public Library 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 intrusive thoughts create increased anxiety and overwhelming emotion, it can lead to compulsive behavior. This thought-behavior cycle can be overpowering to individuals, negatively affecting one's ability to function in daily life. This class focuses on obsessive-compulsive disorder symptoms and evidence-based treatment options. 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/ocd-thought-behavior-cycle-w-heart-10-27-26/> or call Jackson County Public Library at (828)586-2016.

Balance and Beyond: Preventing Falls Before They Happen

October 28, 2026

1 pm to 3 pm

Virtual

This virtual training provides participants with the knowledge and skills to recognize, assess, and prevent falls within community settings. Participants will define what constitutes a fall, identify individuals who are at increased risk, and recognize the main categories and causes of falls. The training will explain the process for assessing and addressing fall risk, including conducting risk assessments, and monitoring outcomes. The Microsoft Teams link will be sent out to participants two to three days prior to the training. Follow this link to register <https://www.vayahealth.com/event/balance-and-beyond-preventing-falls-before-they-happen-2/>.

The Letter of Intent - The Most Important Document You Haven't Written

October 28, 2026 / 7 pm / Virtual

Letters of Intent don't get talked about nearly as often as wills, special needs trusts, or guardianship — even though many caregivers, attorneys, and disability advocates say they're just as important. This webinar will explain what a Letter of Intent is, why it matters, and how you can start thinking about yours. Follow this link to register https://us06web.zoom.us/webinar/register/WN_OHCDqFJ4QcCg9Q8Wy-b-Xg#/registration.