

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

- 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:

uso6web.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 mlope@autismsociety-nc.org if you have questions about this virtual support group meeting for the western NC region.

Grief Support Group

Second Tuesday of Each Month

6:30 pm

Harris Regional Health and Fitness Center

7 Leroy George Dr, Clyde

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

<https://www.theshareproject.org/events/>.

Outreach Support Group

Third Tuesday of each month

6:30 pm

Harris Regional Health and Fitness Center

7 Leroy George Dr, Clyde

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

Haywood County Support Group of Autism Society of NC

Second Tuesday of each month

6 pm

The Chapter provides support to local individuals with autism and their families. The Haywood County Chapter has many Virtual events organized and posted on the Chapter Facebook page on a regular basis. Please refer to the Haywood County Chapter Facebook page for news and Virtual events as well as to the Autism Society of

North Carolina calendar found at www.autismsociety-nc.org or haywoodchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.haywood>. All meetings that do occur will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org" along with the updated times

On Track WNC Educational Classes

Our workshops are offered in-person or via Zoom. All in-person workshops are provided at our Asheville office., located at: [50 South French Broad Avenue, Suite 227, Asheville NC, 28801](#). **To stay up-to-date with our current offerings join our e-news mailing list.**

Live Zoom & In-Person Class Offerings

We'd love to see you! Click on this link to view the calendar and links to classes.

<https://ontrackwnc.org/what-we-do/workshops.html>

Understanding Credit

Credit is... complicated. Let's unpack it together! Learn what you can do to build it, improve it, and how to plan for future financial goals.

- **Duration:** 1.5 hours
 - **Cost:** FREE
-

Money Foundations

Discover habits and strategies to build financial confidence and stability. This workshop is perfect for beginners or anyone looking to get back to basics.

- **Duration:** 1.5 hours
 - **Cost:** FREE
-

Money Visioning & Goal Setting

Envision resilience and identify habits that encourage financial wellness in this interactive and fun workshop. This is a shame-free space to set your money intentions!

- **Duration:** 1.5 hours
 - **Cost:** FREE
-

Dealing with Debt

Join us to demystify debt in a shame-free, nonjudgmental space. It's never too late to face your money and make a plan to manage, pay down, or resolve personal debt.

- **Duration:** 1.5 hours
 - **Cost:** FREE
-

Preparing for Homeownership

Take your first step toward homeownership by learning strategies to become mortgage ready.

- **Duration:** 1.5 hours
 - **Cost:** FREE
-

First Time Homebuyer

Are you considering buying your first home within the next couple of years? Are you participating in a homebuyer program that requires a homebuyer education certificate? This is THE workshop for you!

- **Duration:** 7 hours
- **Cost:** \$75 (covers registration, materials, and snacks)

The classes below are pre-recorded. Complete them at any time at your own pace.

<https://ontrackwnc.org/what-we-do/on-demand-classes.html>

Money Foundations

- Learning the foundations of basic money management helps us better understand our financial goals and habits. This class covers best practices, from budgeting to spend and saving to survive surprise expenses.
 - FREE
-

Credit: How to Build and Repair Your Credit Score

- What is credit? Why is it important? Learn about ways to build your credit score from the ground up or improve it to reach your financial goals.
 - FREE
-

Homebuyer Education

- Explore the process of buying a home, from the early planning stages through closing. Offered through eHome America. Takes approximately 8 hours.
 - \$100 (per household)
-

Homebuyer Education - WNC Local Supplement

- Learn about various steps in the Homebuying process from our expert guest speakers including lenders, a home inspector, a real estate attorney, and a downpayment assistance specialist. Takes approximately 1.5 hours.
 - FREE
-

Debt Payment During Uncertain Times

- Financial uncertainty calls for a new approach to managing money and debts. We'll discuss how to use different debt repayment strategies and hardship options.
- FREE

Legal Aid of NC

At Legal Aid of North Carolina, we believe that justice is the foundation of strong families and safe communities. Every day, we stand with neighbors facing overwhelming challenges—from domestic violence to unlawful eviction—offering not just legal help, but hope and a path to stability. Legal Aid of NC helps with disaster relief, housing, family law, employment, education, government benefits, domestic

violence and sexual assault, consumer issues, and other areas. 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>.

Traumatic Brain Injury

April 1, 2026

10 am to 12 pm

This course is intended for community stakeholders and those interested in learning about traumatic brain injury (TBI). It builds awareness of the causes, symptoms, and potential long-term effects of TBI, while exploring who may be at higher risk and why early identification and support are critical. Participants will gain a clearer understanding of how TBI affects the brain and body, how to recognize warning signs, and what treatment and recovery options are available. The course also highlights the connection between mental health, the role of lifestyle changes in recovery, and the importance of accessing local and national resources for support. This is a virtual session, and the MS Teams link will be sent out a week prior to the event. Register at this link <https://www.vayahealth.com/event/traumatic-brain-injury/>.

Como puedo Ayudar a mi hijo

April 1, 2026

10 am

Virtual

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.

Regístrate usando este enlace https://uso6web.zoom.us/webinar/register/WN_NXRrrReATy2lv5f3Gv-Q3g#/registration.

Guardianship and Government Benefits

April 1, 2026

12 pm

Virtual

This webinar provides an overview of the key considerations involved in guardianship, navigating government benefit programs, and preparing for the transition to adult life. Participants will gain practical insight into the options and supports available to help young adults move into adulthood with the stability and resources they need. *Presented by: Margaret Gaffney, Transition Coordinator, A Special Needs Plan.* [CLICK HERE TO REGISTER](#)

Bipolar Disorder: Creating Balance

April 1, 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. Having extreme mood changes can have a significant impact on a person's ability to function in life. This cycle is difficult to stabilize without proper treatment. This course looks at the causes, symptoms, and current treatment options for the older adult. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-bipolar-disorder-creating-balance-w-heart4-1-26/> 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 336 408 394#

Building Connections – Present Level & Goals

April 8, 2026

5:30 pm to 7 pm

Virtual

The IEP process can be overwhelming. Join us to learn more about how Present Levels of Performance are assessed and established and how they serve as the basis for a student's Annual Measurable Goals. We will take a look at examples of what a good present level should include as well as what a good goal should include. **LEARNING OBJECTIVES:** Upon completion of this webinar, attendees will be able to: Identify how Present Levels and IEP Goals go hand in hand; Summarize what Present Levels and Goals should include; and Prepare for participation in upcoming IEP meeting. Presented by: Anastacia Newton, ECAC Parent Educator. [CLICK HERE TO REGISTER](#)

Building the Second Support Team

April 9, 2026

12 pm to 1 pm

Virtual

This session explores what happens when parents or guardians are no longer able to support their loved one with special needs. Participants will learn how to prepare for that transition, who can take over key responsibilities, and how to choose and organize the right people to carry out the long-term care plan. The webinar provides practical guidance for building a reliable, sustainable support team that ensures continued stability and quality of life for your loved one. *Presented by: David Cove, Special Needs Planner, A Special Needs Plan* [CLICK HERE TO REGISTER](#)

Not as Prescribed: Effects of Medication Misuse

April 10, 2026

10 am to 11 am

Virtual

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. 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-not-as-prescribed-effects-of-medication-misuse-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

April 10, 2026

11:15 am to 12:15 pm

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. 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-opportunities-to-help-during-crisis-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.

Communication and Collaboration

April 13, 2026

6 pm to 7:30 pm

Virtual

Dive into a dynamic discussion on mastering communication and collaboration during IEP meetings. We'll explore strategies to stay calm under pressure and navigate tense moments with ease. Plus, learn about the pathways available for resolving disputes effectively. Don't miss out on this opportunity to empower yourself and strengthen your advocacy skills! *Presented by: Anastacia Newton, ECAC Parent Educator.* **CLICK HERE TO REGISTER**

After the Diagnosis: Helping the Older Child Navigate the Journey

April 14, 2026

12 pm

Virtual

This webinar is intended for parents whose children were diagnosed with autism **after the age of eight**. Workshop objectives: To learn how autism may affect your child; To learn options that may help your child; and To locate resources to support your family. To register for this virtual event, please email Judy Smithmyer at jsmithmyer@autismsociety-nc.org. *If your child is recently diagnosed but eight years old or younger, please look for After the Diagnosis: Get Help, Get Answers, Get Going webinars on our **calendar**.*

Enriching Mental Health with Complementary Treatments: Part 1 (Color, Music, and Nutrition)

April 14, 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. This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. Join us to explore topics from nutrition to mindfulness and many in between. The main topics of this course will be Color, Music, and Nutrition. 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/enriching-mental-health-with-complementary-treatments-part-1-color-music-and-nutrition-w-heart-4-14-2026/> or call Macon County Public Library at (828) 524-3600.

CFAC Meeting – Region 1

April 14, 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#. Member Engagement 1-800-893-6246 cfac@vayahealth.com.

Why Children Might Struggle to Read

April 14, 2026

7 pm to 8 pm

Virtual

No details at this time were available. Check the Exceptional Children's Assistance Center Website.

[CLICK HERE TO REGISTER](#)

Transition to Adulthood

April 16, 2026

5:30 pm to 7 pm

Virtual

This workshop will help parents and students to prepare for the future. Beginning at age 14, students and schools must begin the journey in planning for life after high school. Learn how to write an Individualized Transition Plan (ITP) and how to include your child in this important process. We will include information and strategies for students preparing to work after high school and students going on to college or other educational settings.

Presented by: Triahanna Miles, ECAC Parent Educator

[CLICK HERE TO REGISTER](#)

Mood Stabilizing Medications: Reclaiming the Balance

April 20, 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. Managing mood disorders can be a balancing act. This course provides information about the role medications play in maintaining equilibrium. It also teaches the importance of observing medication responses and monitoring for side effects. A review of alternative evidence-based strategies to support mood stabilization is also covered. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-mood-stabilizing-medications-reclaiming-the-balance-w-heart4-20-26/> 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 187 665 387#

Not as Prescribed: Effects of Medication Misuse

April 21, 2026

1:30 pm to 2:30 pm

Virtual

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. 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-not-as-prescribed-effects-of-medication-misuse-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.

Opportunities to Help During Crisis

April 21, 2026

2:45 pm to 3:45 pm

Virtual

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. 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-opportunities-to-help-during-crisis-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.

Special Needs Trusts and ABLE Accounts

April 22, 2026

12 pm to 1 pm

Virtual

This webinar takes a deeper look at Special Needs Trusts and ABLE Accounts, explaining how each financial tool works, how they differ, and how they can be used together or independently to support your loved one's long-term financial security. *Presented by: Presented by David Cove, Special Needs Planner, A Special Needs Plan.* **CLICK HERE TO REGISTER**

Early Childhood Transitions

April 22, 2026

5:30 pm to 7:30 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**

Heart Health

April 28, 2026

10 am to 12 pm

Virtual

This course is intended for community stakeholders and those interested in learning about heart health. It focuses on improving heart health and reducing the risk of heart disease. You'll learn how to recognize early warning signs, understand your personal risk factors, and take practical steps to monitor and manage your heart health. The training also covers how mental health can influence your overall well-being. This is a virtual session, and the MS Teams link will be sent out a week prior to the event. Follow this link to register <https://www.vayahealth.com/event/heart-health-4/>.

Self-Care: Learning to Live Well, Work Well

April 28, 2026

1:30 pm to 2:30 pm

Jackson County Public Library

This is a free in-person event at Jackson County Public Library located at 310 Keener St, Sylva, facilitated by the Vaya Health's Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC Department of Health and Human Services. This 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-4-28-2026/> or call Jackson County Public Library at (828)586-2016.

Diabetes Management

April 29, 2026

10 am to 12 pm

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-4/>.

Manejando mis emociones frente a conductas difíciles

April 30, 2026

7 pm

Virtual

La Sociedad de Autismo de Carolina del Norte invita a padres y profesionales a esta charla gratuita en español por Zoom que explica sobre las emociones de los padres durante las crisis. Monica Serrano, Psicóloga Bilingüe Licenciada de NC es la presentadora. Objetivos:

- Validando el cansancio y la frustración en la crianza;
- Estrategias para mantenerse calmado; y
- Respondiendo con calma y apoyo a nuestro hijo.

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. Regístrate usando este enlace
https://us06web.zoom.us/webinar/register/WN_OBpKm6suRDaK8UXfymJXIQ#/registration.

The Autism Society of North Carolina invites parents and professionals to this free Zoom talk in Spanish that explains parents' emotions during their children's crises. Monica Serrano, a licensed bilingual psychologist from North Carolina, is the presenter. More information and Resources in Spanish, mmaldonado@autismsociety-nc.org