

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 envoltivo. 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/tZIkfu-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

2nd 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

3rd 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

2nd 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>.

Estrategias, Preservand, Intencion y Propositos

March 3, 2026 | 7 pm

La Sociedad de Autismo de NC invita a los padres a esta charla que explica los desafíos que enfrentan los padres, la defensa, las leyes esenciales y los derechos de los niños con un diagnóstico. La presentadora es Irlanda Ruiz, presidenta de CALD, Coalición para el Avance de las Personas Latinas con Discapacidad.

Cuando se registre por email, recibirá un correo electrónico del Zoom para entrar el día de la charla ingresando a un recuadro que dice: Join the Webinar. Mas preguntas contacte Mariela Maldonado mmaldonado@autismsociety-nc.org. Siga este enlace para registrarse https://us06web.zoom.us/webinar/register/WN_zapOratZTLqtlHZmjtWMv#w/registration.

English: The Autism Society of North Carolina invites parents to this webinar (in Spanish) that explains the challenges parents face, advocacy, essential laws, and the rights of children with an autism diagnosis. The presenter is Irlanda Ruiz, president of CALD, Coalition for the Advancement of Latinos with Disabilities.

IEP Road Trip

March 4, 2026 | 5 pm to 6:30 pm

For this webinar, we will explore different parts of the IEP for students attending North Carolina Public Schools and the rules of the road. We'll cover a lot of territory and how to navigate roadblocks and detours that may occur along the way. Upon reaching our final destination, passengers will have a better understanding of special education terminology, the IEP process and will know how to prepare for and participate in IEP meetings. Presented by: Anastacia Newton, ECAC Parent Educator. [CLICK HERE TO REGISTER](#)

Self-Paced Course: Pathways to Employment and Independent Living

March 9 to April 6, 2026 | Virtual

FREE self-paced online course for North Carolina parents, caregivers, and professionals. Competitive Integrated Employment helps youth with disabilities build independence, gain job skills, and become active members of their community. Join us for this free, self-paced course to learn how youth can work in the community, earn minimum wage or higher, and build a future after high school. Even students with significant disabilities can succeed at work with the right supports. This session will cover the benefits of working, address common fears and myths, and share practical ways to remove barriers to getting and keeping a job. This training is open from March 9, 2026 through April 6, 2026. Training can be accessed any time during these 3 weeks. Click here to register: <https://ow.ly/9Qgn50YclC5>. Certification of completion of 2 hours will be provided to participants who complete this training. Presented by PEATC in partnership with Exceptional Children's Assistance Center.

Hoarding Disorder: Hidden Secrets

March 9, 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. Have you ever had a secret you were too embarrassed to share? Those who hoard may not disclose symptoms due to potential embarrassment, judgment, and ridicule. This presentation will explore causes, symptoms, treatment, and care methods for those

managing this condition. The focus is on the aging population. If you would like to attend this event, please follow this link <https://www.vayahealth.com/event/webinar-hoarding-disorder-hidden-secrets-w-heart3-9-26/> 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 149 703 710#

Hoarding Disorder: Hidden Secrets

March 10, 2026 | 1:30 pm to 2:30 pm

This is a free in-person event at Macon County Public Library located at 149 Siler Farm Rd, Franklin, facilitated by the Vaya Health’s Health Education and Aging Resource Team (HEART). Contact Hours are provided through NC Department of Health and Human Services. Have you ever had a secret you were too embarrassed to share? Those who hoard may not disclose symptoms due to potential embarrassment, judgment, and ridicule. This presentation will explore causes, symptoms, treatment, and care methods for those managing this condition. The focus is on the aging population. 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/hoarding-disorder-hidden-secrets-w-heart-03102026/> or call Macon County Public Library at (828) 524-3600.

After the Diagnosis: Helping the Older Child Navigate the Journey

March 10, 2026 | 7 pm | Virtual

This webinar is intended for parents whose children were diagnosed with autism **after the age of eight**.

Workshop objectives:

- To learn how autism may affect your child.
- To learn options that may help your child.
- To locate resources to support your family.

To register, email Ruth Byrum at rbyrum@autismsociety-nc.org.

*If your child is recently diagnosed but eight years old or younger, please look for After the Diagnosis: Get Help, Get Answers, Get Going webinars on our **calendar**.*

Transición a la Vida Adulta

March 11, 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](#)*

Building Communication & Advocacy Skills – Parent/Professional Training

March 12, 2026 | 6 pm to 7:30 pm

For Parents and Professionals. Strong communication is the foundation of effective advocacy. Join us for this live Zoom webinar to learn about different communication styles, strategies for clear and respectful communication, and ways to navigate difficult or conflict-filled conversations. Participants will also explore practical tips for communicating effectively with professionals—such as school staff, Vocational Rehabilitation (VR) counselors, and Independent Living program staff—and for supporting people with disabilities in building strong self-advocacy skills. Click here to register: <https://tinyurl.com/yk76a389>

Brain Health in Aging

March 13, 2026 | 10 am to 11 am | Virtual

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

Feeding the Mind: Nutrition in Dementia

March 13, 2026 | 11:15 am to 12:15 pm | Virtual

This training highlights the role of nutrition in supporting individuals with dementia. Participants will learn how diet affects cognitive function and discover practical strategies for meal planning, feeding techniques, and addressing common challenges in dementia care.

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-feeding-the-mind-nutrition-in-dementia-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.

OCD: Thought-Behavior Cycle

March 16, 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 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 follow this link <https://www.vayahealth.com/event/webinar-ocd-thought-behavior-cycle-w-heart3-16-26/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 362 791 601#

Brain Health in Aging

March 17, 2026 | 1:40 pm to 2:30 pm | Virtual

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

Feeding the Mind: Nutrition in Dementia

March 17, 2026 | 2:45 pm to 3:45 pm | Virtual

This training highlights the role of nutrition in supporting individuals with dementia. Participants will learn how diet affects cognitive function and discover practical strategies for meal planning, feeding techniques, and addressing common challenges in dementia care. 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->

[feeding-the-mind-nutrition-in-dementia-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.

When Behaviors Get in the Way

March 18, 2026 | 6 pm – 7:30 pm | Virtual

Learn skills that will help parents and teachers to identify and understand challenging behaviors while creating an atmosphere for positive change and support. Discover how Functional Behavior Assessments and Positive Behavior Intervention Supports can work at school and at home. Presented by: Karen Laughlin, ECAC Parent Educator. [CLICK HERE TO REGISTER](#)

Question, Persuade, Refer: Suicide Prevention

March 19, 2026 | 10 am to 12 pm

Question, Persuade, Refer is an emergency response to someone in crisis. In this training, you'll learn: How to ask the right questions about suicide; How to persuade a person to get help; and How to refer an individual to the right resource. The Microsoft Teams link will be sent out a few days prior to the training. Follow this link to register <https://www.vayahealth.com/event/question-persuade-refer-suicide-prevention-3/>.

ABA- Entrenando a mi hijo para ir al Baño

March 24, 2026 | 12 pm | Virtual

La Sociedad de Autismo de Carolina del Norte le invita a esta presentación gratuita por Zoom, para explicar técnicas para que aprendan los niños y adultos con autismo a ir al baño. La presentadora es Merlín Durham, Bilingüe Profesional Clínica, BCBC - ABA de ASNC. Por favor envíe sus preguntas a mmaldonado@autismsociety-nc.org. Siga este enlace para registrarse https://us06web.zoom.us/webinar/register/WN_xYkB2KJQTVq0ys1K-M0lMw#/registration.

English: The Autism Society of North Carolina invites parents and professionals to this presentation, in Spanish only, explaining techniques for toilet training children and adults with autism. The presenter is Merlin Durham, Bilingual Clinical Professional, BCBA with ASNC.

Hoarding Disorder: Hidden Secrets

March 24, 2026 | 1:30 pm to 2:30 pm

This is a free in-person event at Jackson County Public Library located at 310 Keener St, Sylve, 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. Have you ever had a secret you were too

embarrassed to share? Those who hoard may not disclose symptoms due to potential embarrassment, judgment, and ridicule. This presentation will explore causes, symptoms, treatment, and care methods for those managing this condition. The focus is on the aging population. 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/hoarding-disorder-hidden-secrets-3-24-2026-w-heart/> or call Jackson County Public Library at (828)586-2016.

How Reading Typically Develops

March 24, 2026 | 7 pm to 8 pm | Virtual

Join us for this free webinar presented by Dr. Beth McLean with the National Center on Improving Literacy.

Funded by the U.S. Department of Education, NCIL is a partnership led by Boston University’s Wheelock College of Education and Human Development, along with Florida State University and RMC Research Corporation. Together, they serve as a comprehensive national resource center dedicated to advancing evidence-based teaching methods for pre-K through grade 12 students with literacy-related disabilities, including dyslexia.

NCIL supports families, educators, and education agencies by providing free, practical tools and professional learning grounded in the best available research. Using a multi-tiered approach, they help schools and communities screen, identify, and effectively teach pre-K through grade 12 students with reading difficulties.

Learning Objectives:

- To learn evidence-based information on how reading typically develops in children, including key reading-related milestone
- To learn how to interact with children in ways that support and monitor their language and reading develop

[CLICK HERE TO REGISTER](#)

Facing the Emotional Challenges of Chronic Illness Part 2: Diabetes

March 25, 2026 | 7 pm to 8:30 pm | Virtual

Para este seminario web, exploraremos las diferentes partes del IEP para estudiantes que asisten a las Escuelas Públicas de Carolina del Norte y las reglas del camino. Cubriremos una amplia variedad de temas y cómo navegar los obstáculos y desvíos que puedan surgir en el camino. Al llegar a nuestro destino final, los participantes tendrán una mejor comprensión de la terminología de educación especial, el proceso del IEP y sabrán cómo prepararse y participar en las reuniones del IEP. *Presentado por: Millie Ramos, Educadora Bilingüe para Padres de ECAC.* [Haga clic aquí para registrarse](#)

Understanding Manifestation Determination (MDRs)

March 26, 2026 | 5:30 pm to 7:330 pm | Virtual

This session will provide parents and caregivers with a clear understanding of what a Manifestation Determination Review (MDR) is, when it is required, and how it protects students with disabilities during disciplinary actions. Participants will learn how to prepare for an MDR meeting, including what information to review, who to invite, and how to document connections between a child's disability and the behavior in question. The session will also cover key questions parents can ask during the MDR meeting to ensure the team fully considers the child's disability, the implementation of the IEP or BIP, and whether the behavior constitutes a pattern. Finally, participants will learn what steps to take after the meeting, including requesting documentation, understanding outcomes, and knowing their options if they disagree with the decision. Designed to empower families to confidently advocate for their child and actively participate in a fair and thorough MDR process. Presented by: Triahnna Miles, ECAC Parent Educator. [CLICK HERE TO REGISTER](#)