

COMMUNITY GROUPS/WORKSHOPS/MEETINGS

Every Tuesday—Full Circle Recovery Center Learn to Cope. Learn to Cope (LTC) is a support group for parents, family members, spouses, and caregivers with a loved one who is struggling with addiction to opiates, alcohol, or other drugs. Meetings are held Tuesdays from 7 PM to 8:30 PM at Full Circle Recovery Center located at 3261 Georgia Road, Franklin, NC. LTC offers compassionate, experienced facilitators who have been there, support, resources, educational material, and guest speakers who are in long term recovery or professionals in the field. For more information, please contact Stephanie Almeida at 828-475-1920.

Every Thursday—NAMI Connections. Starting at 7 PM at Memorial Methodist Church, located at 4668 Old Murphy Rd, Franklin. This meeting is hosted by NAMI Appalachian South and is for individuals with mental illness and family members with a loved one with mental illness. The group focuses on support, education, resources, and advocacy. For more information contact Donita at dcwithnami@yahoo.com or 828-526-9510.

Every 2nd Thursday—NAMI Family Support Group. Starting at 7 pm NAMI Family Support Group is for the family members/caregivers and friends of those living with a mental illness. Family Support Group meets monthly on the SECOND Tuesday of each month at the Outreach Center at 7p.m. For more information: Matt (828) 349-9252 email: matt@hughtes.net or Ann (828) 369-7385 email: anl@dnet.net.

Every Sunday—Addiction Recovery Program Group Meeting—starting at 6:30 to 8 PM at the Church of Jesus Christ of Latter-Day Saints located at the corner of Pine Ridge Drive and 28 N/Bryson City Rd. For more information contact Mary Ann Widenhouse at 828-524-1355.

First Thursday of each month—Caregiver Group Meeting. Starting at 6 PM at Region A Partnership for Children's Murphy far west office located at 141 Peachtree St, Suite 5, Professional Building, Murphy. This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. For more information contact Jody at jody@regionakids.org or 828-506-6111.

First Thursday of each month—NAMI Haywood Support Group—Group meets from 6:30 PM – 8 PM at Haywood Regional Medical Center, 2nd Floor Classroom. This is a peer support group for individuals dealing with mental illness (such as depression, anxiety, bipolar, PTSD, schizophrenia, etc) and for family members and friends who have a loved one with these illnesses. Join us in a safe, confidential environment to share concerns, and gain insight, understanding and hope. For further information. Contact Mary Ann @ 828-779-1923.

First Sunday of each month—Macon County Autism Chapter meeting—Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at Bethel United Methodist Church located at 81 Bethel Church Rd, Franklin. For planning purposes, an RSVP is requested but not required to Melissa Zenz at mzenz@autismsociety-nc.org or 800-442-2762 ext 3030.

Second Thursday of each month—Caregiver Group Meeting. Starting at 6:30 PM at 67 Bryson Ave Bryson City. This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. For more information contact Jody at jody@regionakids.org or 828-506-6111.

Second Wednesday of each month—Caregiver Group Meeting. Starting at 6 PM at the Children's Developmental Services Agency Sylva office. This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. For more information contact Jody at jody@regionakids.org or 828-506-6111.

Second Saturday of each month—Caregiver Group Meeting. Starting at 10 AM at Longs Chapel located at 133 Old Clyde Rd Waynessville. This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. For more information contact Jody at jody@regionakids.org or 828-506-6111.

Fourth Monday of each month—Adolescent Support Group for Chronic Medical Conditions 4 PM – 5 PM. Are you a teenager with a medical condition? Do you wish that you could talk to others in similar conditions? This group will be a welcoming, non-judgmental, safe place for you to share your experiences and struggles, laugh with each other, and build a sense of community. Group will meet in the Reuter's Outpatient Building of Mission Children's Hospital, in the Chapel. Participants must have a current Mission Outpatient provider. For more information contact Sarah Kirkpatrick at 828-213-1869 or Sarah.kirkpatrick@msj.org.

Smart Start (SS) / Local Interagency Coordinating Council (LICC) Team Meetings—Cherokee County meets the 1st Wednesday of each month starting @ 1:00 PM; Clay County meets the 1st Thursday of each month starting @ 1:30 PM; Graham County meets the 2nd Thursday of each month starting @ 9:30 AM; Haywood County meets the 3rd Wednesday of each month starting @ 10:30 AM; Jackson County meets the 2nd Wednesday of each month starting @ 12 noon; Macon County meets the 4th Thursday of the month starting @ 12 noon; and, Swain County meets the 2nd Tuesday of each month starting @ 1:30 PM. For more details visit: <http://regionakids.org/sslicc>.

Two half-day sessions on Mental Health First Aid—April 5th from 1 pm – 5 pm and April 6th from 9 am – 1 pm—Being held at the Robbinsville United Methodist Church located at 249 W Ford Hill Rd Robbinsville. COMBAT STIGMA – HELP IN A CRISIS – PROMOTE WELLNESS. Learn the skills you need to help someone who is experiencing distress due to mental health or substance use. Attendance of both days is required. Registration is required. To register please visit <https://tinyurl.com/y73pgf32>. For more information and questions please contact Ashley Cole at Vaya Health at 828-225-2785 ext 5324 or Ashley.cole@vayahealth.com.

April 4, 2018—IEP Basics: Frequently Asked Questions (webinar) 10 am – 11 am-- This workshop covers the most basic questions asked about the IEP process (Individualized Education Program). It was designed for a short time frame but provides very helpful information for parents. Objectives: to understand the IEP process; to understand how to participate in the process; and, to become familiar with Special Education laws. Fees are \$10/person. After you register online the event organizer will send you the webinar contact and login information. Registration ends on April 3, at 6 p.m. For more information email Kathleen Holler at kholler@autismsociety-nc.org.

April 10, 2018-- After the Diagnosis: Get Answers, Get Help, Get Going! Please join ASNC Autism Resource Specialist Juliette Heim for this FREE informal workshop for parents and grandparents of children 8 years or younger recently diagnosed with Autism Spectrum Disorder. If your recently diagnosed child is older than 8, please contact Juliette to schedule a free appointment. 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. From 10 am to 11:30 am at Autism Society of North Carolina located at 306 Summit St, Asheville. For more information or to register, contact Juliette Heim at 828-236-1547 or jheim@autismsociety-nc.org.

April 13, 2018—Building on Strengths to Overcome Challenges (webinar) 10 am to 11 am-- This webinar offers parents and professionals a more in-depth look at the four core deficits (described in detail in Autism 101 and After the Diagnosis: Get Answers, Get Help, Get Going! workshops) of Autism Spectrum Disorder. From there we will explore how these core deficits may trigger challenging behaviors and how to build on your child's strength to overcome those challenges. Objectives: review

core deficits of Autism: Communication, Social, Behavior and Thinking/Learning, build a better understanding of what may trigger behavior based on those core deficits, and, review some examples of different types of evidence based strategies and possible resources. The webinar costs \$10, and the deadline to register is 6 p.m. April 12. Once you are registered, the webinar organizer will contact you with login instructions and the event website. For more information, contact Bobbi Wells at bwells@autismsociety-nc.org.

April 18, 2018—Parent Mentor Training—Training is being held at the Southwestern Child Development Commission—Child Care Information & Referral Office located at 1078 N Main Street, Waynesville. We are seeking volunteer caregivers willing to offer support to other families who are raising a child with special needs. We are looking for both moms and dads. Foster parents, adoptive parents, grandparents, all caregivers are welcome. Minimum of 3 is needed to hold the training. RSVP by February 28, 2018. Training is being offered three different times during the day: 9:30 am to Noon; 2:30 – 5 pm; or 6 – 8:30 pm. Training has changed, we encourage all to attend! If you need training at a specific time let me know. RSVP with time of workshop, name of attendees, and phone #. To RSVP or for more information contact Jody Miller at 828-631-3900 ext. 126 or jody@regionakids.org. Childcare is not available for these workshops.

April 23, 2018—Autism: Basic Strategies for Volunteers (webinar)—7 pm – 8 pm-- This training is geared toward volunteers in faith communities and other community volunteers who want a basic understanding of Autism Spectrum Disorder. Objectives: to build a better understanding of ASD, to review some basic strategies for working with individuals with autism, and, to learn about helpful resources. For questions about the webinar, contact Wanda Curley at wcurley@autismsociety-nc.org.

April 26, 2018—Autism 101—6 pm to 8 pm. Being held at the Graham County Public Library located at 80 Knight St Robbinsville. This is the perfect workshop for anyone who wants to develop a basic understanding of Autism Spectrum Disorder (ASD). This workshop explores the four core areas affected by ASD: communication, social interaction, sensory issues, and how an individual may think and learn. Basic strategies for interacting with individuals with ASD are discussed. Workshop objectives: to build a better understanding of what ASD is; to explore some of the possible reasons an individual with ASD may react differently; to develop a broader understanding of why and how information may need to be presented in a more structured way; and, to review some basic strategies that can be implemented that day. For more information, contact Kathleen Dolbee: 828-506-6788 or kdolbee@autismsociety-nc.org.

April 27-29, 2018—Camp Crinkleroot— Camp Crinkleroot is a program sponsored by the Appalachian State University Blue Cross and Blue Shield of North Carolina Institute for Health and Human Services. This is a weekend day camp that offers a typical camp experience for children in the community who are ages 8-14 with an Autism Spectrum Disorder. The 8th annual camp will take place this year at the former Camp Sky Ranch over the weekend of April 27-29, 2018. Camp Sky Ranch is steeped in history as one of the first inclusive summer camps in the country and is now home to Sky Valley Zip Tours. For more information, weekend agenda, application packet please visit <https://ihhs.appstate.edu/outreach/camp-crinkleroot>.

June 15, 2018—2018 WNC Infant Mental Health Conference—8am – 4 pm held at MAHEC Mary C. Nesbitt Biltmore Campus located at 121 Hendersonville Rd Asheville. The 2018 WNC Infant Mental Health Conference focuses on the latest research and best practices for working with infants, toddlers and young children in the western region of North Carolina. The conference provides opportunities for families, mental health practitioners, educators, medical providers, and other community partners to access to the latest knowledge in the field, with the goal of providing a positive impact in services and experiences for the birth to age five population in our communities. For details and to register please visit <https://mahec.net/event/53680>. For questions please contact Barbara Warren at Barbara.warren@mahec.net or call 828-257-4475.