

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.

First Tuesday of each month—NAMI Family Support Group meeting. 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 family members of loved ones with mental illness. This group focuses on support, education, resources, and advocacy. They share their experiences to help each other gain insight in supporting an individual with mental illness. For more information contact Donita at dcwithnami@yahoo.com or 828-507-8789.

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 – 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.

Second Tuesday of each month—Caregiver Group Meeting. Starting at 6 PM at Swain East Elementary cafeteria located at 4747 Ela Rd 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 2 PM at Haywood Public Library located at 678 S Haywood St Waynesville. 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.

Third Tuesday of each month—Art with Ashley—Each class is different! Art/music/snacks. Classes start at 5:30 PM until 6:30 PM. Held at A Small Miracle LLC located at 1170 S Main St Waynesville. Cost of \$5 per person. For more information contact Sarah @ 828-564-5650.

Third Thursday of each month—Caregiver Group Meeting. Starting at 6 PM at Macon Public Library located at 149 Siler Farm Rd, Franklin. 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.

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>.

Give the Gift of Reading—Because Kids Who Read Succeed! Be part of a free book program for kids! New and gently used books are needed for book giveaway areas located in the children's waiting spaces at Haywood County Health and Human Services. Needed are fiction and non-fiction; English-language books for kids age 2-7 and Spanish-language books for kids age 2-7. Donates gladly accepted at the following locations: Haywood County Health and Human Services, 157 Paragon Parkway, Clyde NC 28721, (c/o Patrick Johnson, 8 am – 5 pm), or Region A Partnership for Children, 116 Jackson Street, Sylva, NC 28779 (c/o Murat Yazan, 9 am – 4 pm). If you are unable to deliver the books personally, please contact Patrick Johnson at 828-356-2244 to inquire about pick up (Haywood County only). Books can be brought to any of the Smart Start / Local Interagency Coordinating Council Team meetings and given to a Region A Partnership for Children staff member.

Summer Youth College Experience Program—Applicants must be enrolled members of the EBCL, be a rising high school junior or senior, have a GPA of 2.0 or higher, and reside in Swain, Jackson, Graham, or Cherokee County. Program will begin on June 12th and conclude on July 14th. Are you planning to go to college? Would you like to gain work experience in your possible field of study? Would you like to visit local colleges? Would you like to make the highest possible ACT scores? Apply now for the summer 2017 program. All applications must be submitted by 4:30 PM April 14, 2017. For more information please contact Tasheena Parker at 828-359-6651.

April 8, 2017—2017 Health Living Festival 9 AM – 12 PM—Being held at Cullowhee Rec Center located at 88 Cullowhee Mountain Rd, Cullowhee. More details to follow. For information contact Liz Cochran at 828-587-8292 or lizcochran@jacksonnc.org.

April 8, 2017-- Autism 101--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. Being held at Autism Society of North Carolina located at 306 Summit St Asheville. Please register by April 6. For more information, contact Kathleen Dolbee at 8128-713-0033 or kdolbee@autismsociety-nc.org.

April 11 – 13, 2017—SCUBA Gym NC’s Spring Break SASP Camp. The camp will be held at Hiwasse Valley Pool and Fitness Center located at 695 Connahetta St, Murphy. The cost for camp is \$175 for members of HVPWC and \$195 for non-members (limited scholarships are available). SCUBA Gym NC allows people with special needs, like Autism, CP, DS, MS, Spina Bifida, Paraplegics, Hypotonia (and all others that have the desire) to receive the therapeutic benefits of learning scuba diving. For people of ALL ages SCUBA Gym's SASP program, YES THEY CAN!! Volunteers are also needed both non-divers “on-deck” during break times and lunch as well as certified divers to assist as “Aquatic Big Brothers and Sisters.” Training and gear is provided. Deadline for student sign up is April 1st. Payment in advance is required however fully refundable up to one week before first day of camp (up until April 4th). Spaces are limited and fill up fast. For more information contact Greg Carroll at 407-920-3262.

April 13-14, 2017—Wellness Recovery Action Plan (WRAP) 2-day training—Starts at 9 am and end at 4 pm each day. Participants will learn about: five key recovery concepts; making your own Wellness Recovery Action Plan®; and how to use and share your plan. Who should attend this training? Individuals living with mental health, substance use and/or intellectual/developmental disability issues and their families/loved ones who want to create positive change in the way they feel, or increase their enjoyment in life; others who want to increase their understanding of mental health recovery concepts, skills and strategies included in the WRAP® process. Note: This class is not the pre-requisite to become a certified WRAP Facilitator. Registration--There is no cost for this training. About WRAP®--WRAP® is an evidence-based, self-management and recovery system developed by a group of people with mental health difficulties who struggled to incorporate wellness tools and strategies into their lives. WRAP® is designed to: decrease and prevent intrusive or troubling feelings and behaviors; increase personal empowerment; improve quality of life; and assist people in achieving their life goals and dreams. Being held at Vaya Health—Sylva a NC. To register, call Julia Davis at 1-800-893-6246 ext. 1156 or send email to Julia.Davis@vayahealth.com. Participants are responsible for their own food and drinks.

April 17, 2017—FASDinNC—Fetal Alcohol Spectrum Disorders: An Ounce of Prevention 2 – 4 PM. The goal of this free workshop is to educate participants about FASDs and how this disorder presents in an individual across the lifespan. The participant will have a clear understanding of how alcohol impacts the developing brain, identify potential strategies and interventions for individuals that have an FASD and recognize the importance of preventing alcohol exposed pregnancies. Being held at the Hinton Center located at 2330 Hinton Center Rd, Hayesville. RSVP with name, phone number and/or email by April 10, 2017. For more information or to RSVP, contact Jody Miller, Community Engagement Coordinator, at 828-631-3900 ext 126 or jody@regionakids.org. Sponsored by Cherokee and Clay County Smart Start / Local Interagency Coordinating Council Teams.

April 18, 2017—Mother’s-To-Be Baby Shower—4 pm – 6 pm Swain County Health Department. Education provided on baby’s safe sleep, WIC, Breastfeeding, car seats and more! Lots of free gifts.

April 19, 2017—Circle of Care Innovations: Interconception Care and the IMPLICIT Toolkit 1 – 3 PM. Aimed at developing your knowledge and skill set around preconception health. For more information email everywomannc@marchofdimes.org. To register visit www.everywomannc.org.

April 19, 2017—Creative Ways to Teach Social Thinking and Social Skills Noon – 2 PM in Sylva—Creative Ways to Teach Social Thinking and Social Skills is a lively, interactive workshop. Participants will learn the difference between social skills and social thinking. They will understand why social skills can and should be included in a student’s IEP and see specific examples of successful strategies addressing social goals at home, at school and in the community. Objectives: become familiar with research-based social skills curriculum that

can be easily implemented; learn creative ways to teach social thinking and social skills at home and in the classroom; and, connect with parents and other members of the autism community in WNC. The workshop is free. We suggest a \$10 donation for materials. The registration deadline is April 17. For more information, please contact Kathy Dolbee at kdolbee@autismsociety-nc.org or 828-713-0033.

May 11, 2017—FASDinNC—Fetal Alcohol Spectrum Disorders: An Ounce of Prevention 1:30 – 3:30 PM. The goal of this free workshop is to educate participants about FASDs and how this disorder presents in an individual across the lifespan. The participant will have a clear understanding of how alcohol impacts the developing brain, identify potential strategies and interventions for individuals that have an FASD and recognize the importance of preventing alcohol exposed pregnancies. Being held at the Graham County Health Department located at 21 S Main St, Robbinsville. RSVP with name, phone number and/or email by March 10, 2017. For more information or to RSVP, contact Jody Miller, Community Engagement Coordinator, at 828-631-3900 ext 126 or jody@regionakids.org. Sponsored by Graham County Smart Start / Local Interagency Coordinating Council Team.