

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 Tuesday—Sober Mommies—Motherhood group meeting every Tuesday (except holidays) at 10 am at First United Methodist Church located at 566 S Haywood St, Waynesville. For more information please contact Nicole Ross at 828-209-88220 or Nicole.ross@sobermommies.com.

Every Thursday—NAMI Connections. Starting at 7 PM combination support group. Held at First Methodist Church Outreach Center located at the intersection of Harrison and W Main Sts, Franklin. This meeting is hosted by NAMI Appalachian South and a mixed group of family members and individuals with mental illness. The group focuses on support, education, resources, and advocacy. For more information contact Donita at or 828-526-9510 or Ann at 828-369-7385.

Every Sunday—Addiction Recovery Program Group Meeting—starting at 6:30 to 8 PM at the Waynesville Church of Jesus Christ of Latter-day Saints located 68 Foxwood Dr, corner of Foxwood and 209 (entrance to Foxfire Estates off of 209). For more information contact Mary Ann Widenhouse at 828-779-1923.

First Thursday of each month—Cherokee County Caregiver Group Meeting. Starting at 6 PM at Region A Partnership for Children's Murphy 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. RSVP required. 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 Chapter of the Autism Society of NC 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 maconchapter@autismsociety-nc.org or 800-442-2762 ext 3030.

Second Thursday of each month—Jackson/Swain/Qualla Chapter of the Autism Society of NC—Family Support Network of Region A Caregiver Group Meeting. Starting at 6:00 PM at Sweet Thoughts located 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. RSVP encouraged. For more information contact Jody at jody@regionakids.org or 828-506-6111.

Second and Fourth Thursday of each month—Grandparent & Kinship Support Group—10 am—Join our support group and get some insight about raising children a second time around. We meet twice a month on

the 2nd and 4th Thursdays at 10 am in the large conference room. At The Crawford Senior Center located at 108 Wayah St, Franklin. Call 828-349-2058 and ask for Reesa Boyce for more information.

Second Tuesday of each month—Caffeine and Autism—From 9:30 am at the Daily Grind in Murphy. An Autism support group led by parents or family member volunteers who join together with other concerned individuals to create a welcoming and inclusive community of support for individuals with autism and their families. To learn more about this Autism Society of North Carolina Chapter contact cherokeechapter@autismsociety-nc.org or www.facebook.com/groups/asnc.cherokee.

Second Tuesday of each month—Cherokee County Chapter of the Autism Society of NC meeting. From 6 pm – 7:30 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Meeting objectives are to get answers to frequently asked questions and to provide resource to families. Held at Kids in Stride located at 2810 W Us Hwy 64, Ste 2, Murphy. For planning purposes, an RSVP is requested but not required to cherokeechapter@autismsociety-nc.org or 800-442-2762 ext 3030.

Second Wednesday of each month—Jackson County Caregiver Group Meeting. Starting at 6 PM at the DisAbility Partners located at 2775 Hwy 74 E Sylva. This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. RSVP encouraged. For more information contact Jody at jody@regionakids.org or 828-506-6111.

Second Saturday of each month—Haywood County Caregiver Group Meeting. Starting at 11 AM at Haywood Regional Health and Fitness Center located at 75 Leroy George Dr, Clyde. This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. RSVP encouraged. For more information contact Jody at jody@regionakids.org or 828-506-6111.

Second Saturday of each month—Haywood County Chapter of the Autism Society of NC meeting. From 3 pm – 4:30 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at Pinnacle Church located at 101 Fibreville St, Canton. For planning purposes, an RSVP is requested but not required to haywoodchapter@autismsociety-nc.org or 800-442-2762 ext 3030.

Third Thursday of each month—Buncombe County Chapter of the Autism Society of NC meeting. From 6:30 pm – 8 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at First Baptist Church located at 5 Oak St, Asheville. For planning purposes, an RSVP is requested but not required to buncombechapter@autismsociety-nc.org or 800-442-2762 ext 3030.

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 @ 10:00 AM. For more details visit: <http://regionakids.org/sslicc-2>.

JANUARY 3, 2019—CHEROKEE COUNTY CAREGIVERS GROUP MEETING— A group that brings families together to support and learn from each other. Link with resources and services. A place to find creative ways to be a parent first and provide a loving and nurturing environment for all children. Help in finding a positive outcome as you journey through your new adventure. Emily Black will join the group and talk about the services Turning Point Services provides. Starting at 6 PM at Region A Partnership for Children's Murphy office located at 141 Peachtree St, Suite 5, Professional Building, Murphy. RSVP is required. For more information and/or to RSVP, contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

January 9, 2019—Jackson County Caregiver Group Meeting--A group that brings families together to support and learn from each other. Link with resources and services. A place to find creative ways to be a parent first and provide a loving and nurturing environment for all children. Help in finding a positive outcome as you journey through your new adventure. Join this group to hear about what is it like living with cerebral palsy. Join Wanda Mills as she talks about growing up with cerebral palsy. . Starting at 6 PM at the DisAbility Partners located at 2775 Hwy 74 E Sylva. RSVP is required. For more information and/or to RSVP, contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

January 8, 2019--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. Being held at the Autism Society of NC located at 306 Summit St Asheville from 10 am – 11:30 am. No fee. Register at <https://www.eventbrite.com/e/after-the-diagnosis-get-answers-get-help-get-going-tickets-46201707551>. For more information or to register, contact Juliette Heim at 828-236-1547 or jheim@autismsociety-nc.org.

January 10, 2019—Stepping Stones Triple P Seminar Series Seminar 1—Positive Parenting For Children with a Disability—Bring out the best in your child. Teach important functional skills and behavior. Manage misbehaviors. Plan ahead to ensure a successful routine/outing/activity. Willing to try new approaches to parenting. Workshop is tentatively being held at the Sweet Thoughts located at 67 Bryson Ave, Bryson City from 6 pm – 7:30 pm. RSVP by January 8, 2019 with name of attendees, phone number, email if available, age of the child (up to 12 years of age) and diagnosis or disability (so we can provide special information for your child). To RSVP or for more information contact: Jody at 828-631-3900 ext 126 or jody@regionakids.org. Childcare is not available for these workshops.

January 12, 2019—Haywood County Caregiver Group Meeting--A group that brings families together to support and learn from each other. Link with resources and services. A place to find creative ways to be a parent first and provide a loving and nurturing environment for all children. Help in finding a positive outcome as you journey through your new adventure. Join this group to hear about what is it like living with cerebral palsy. Join Wanda Mills as she talks about growing up with cerebral palsy. Starting at 11 AM at Haywood Regional Health and Fitness Center located at 75 Leroy George Dr, Clyde. RSVP is required. For more information and/or to RSVP, contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

January 15, 2019--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 the Autism Society of NC located at 306 Summit St Asheville from 10 am – 11:30 am. No fee. Register at <https://www.eventbrite.com/e/autism-101-tickets-46201950277>. For more information, contact Juliette Heim at jheim@autismsociety-nc.org.

February 13 2018—Jackson County Family Support Network of Region A Caregiver Group—Autism Society of NC ToolKits Discussion—Join the facilitators for a discussion on various topics. Advocacy 101-- Making your voice heard on public policy issues that are important to you is the focus of this handbook. Our toolkit will guide you through writing, calling, and visiting with your legislators; bullying-- The Autism Society of North Carolina strives to help all students with autism have a safe learning environment. This toolkit teaches parents and professionals about the signs of bullying, ways to prevent bullying, and how to stop it; accessing services-- The services and supports systems are complex and can be difficult to navigate. This toolkit helps parents and guardians understand the kinds of services and supports that may be available and how to obtain them; behavior and the IEP-- This toolkit reviews the school disciplinary process, suspension and removal, and how inappropriate behaviors may be addressed through a Functional Behavior Assessment (FBA) and a Behavior Intervention Plan (BIP); the IEP-- A strong Individualized Education Program (IEP) is an important part of ensuring your child's success at school. Empowering parents to be their children's best advocates is the guiding principle for this toolkit, which will walk you through the process; residential options-- This toolkit describes the residential options available from independent living to group living settings and helps parents begin planning for their child's future by exploring financial options and teaching independent living skills; and, health-- This toolkit helps individuals and caregivers organize their health information, share important information with their health-care provider, and prepare for appointments. It also provides information about the benefits of a medical home. As many topics as time allows will be discussed. Handouts will be available for each topic. Starting at 6 pm at DisAbility Partners located at 2775 Hwy 74 E Sylva. RSVP by one day prior to workshop with your name, phone number, email address, if available, and names of other attendees. For more information or to RSVP, contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

February 14, 2019—Stepping Stones Triple P Seminar Series Seminar 2—Helping Your Child Reach Their Potential—Getting off to a good start. Key steps for successful teaching. Behavior charts and rewards. Keeping track and reviewing progress. Problem solving. Workshop is tentatively being held at the Sweet Thoughts located at 67 Bryson Ave, Bryson City from 6 pm – 7:30 pm. RSVP by February 12, 2019 with name of attendees, phone number, email if available, age of the child (up to 12 years of age) and diagnosis or disability (so we can provide special information for your child). To RSVP or for more information contact: Jody at 828-631-3900 ext 126 or jody@regionakids.org. Childcare is not available for these workshops.

March 13, 2019—Stepping Stones Triple P Seminar Series Seminar 1—Positive Parenting For Children with a Disability—Bring out the best in your child. Teach important functional skills and behavior. Manage misbehaviors. Plan ahead to ensure a successful routine/outing/activity. Willing to try new approaches to parenting. Workshop is tentatively being held at the DisAbility Partners located at 2775 Hwy 74 E, Sylva from 6 pm – 7:30 pm. RSVP by March 11, 2019 with name of attendees, phone number, email if available, age of the child (up to 12 years of age) and diagnosis or disability (so we can provide special information for your child). To RSVP or for more information contact: Jody at 828-631-3900 ext 126 or jody@regionakids.org. Childcare is not available for these workshops.

March 14, 2019—Stepping Stones Triple P Seminar Series Seminar 3—Changing Problem Behavior into Positive Behavior—Tracking behaviors. Why is the behavior occurring? Ways to prevent the behavior. Encouraging cooperation. Put a plan into action. Workshop is tentatively being held at the Sweet Thoughts located at 67 Bryson Ave, Bryson City from 6 pm – 7:30 pm. RSVP by March 12, 2019 with name of attendees, phone number, email if available, age of the child (up to 12 years of age) and diagnosis or disability (so we can

provide special information for your child). To RSVP or for more information contact: Jody at 828-631-3900 ext 126 or jody@regionakids.org. Childcare is not available for these workshops.

April 10, 2018— Jackson County Family Support Network of Region A Caregiver Group--Autism Society of North Carolina—Melissa Zenz, Regional Chapter Coordinator West, with the Autism Society of North Carolina will share with the group the services available through the Autism Society. Starting at 6 pm at DisAbility Partners located at 2775 Hwy 74 E Sylva. RSVP by one day prior to workshop with your name, phone number, email address, if available, and names of other attendees. For more information or to RSVP, contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

April 11, 2018— Jackson/Swain/Qualla Autism Chapter—Family Support Network of Region A Caregiver Group—Parents Rights in Special Education. Participants will understand the rights that they have under federal and state special education laws. The points in the special education process where particular rights play an important role. Limitations to parent rights under some circumstances. How and when parents are informed of their rights related to special education. Starting at 5:30 PM at Sweet Thoughts located at 67 Bryson Ave Bryson City. RSVP by one day prior to workshop with your name, phone number, email address, if available, and names of other attendees. For more information or to RSVP, contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

May 8, 2019—Stepping Stones Triple P Seminar Series Seminar 2—Helping Your Child Reach Their Potential—Getting off to a good start. Key steps for successful teaching. Behavior charts and rewards. Keeping track and reviewing progress. Problem solving. Workshop is tentatively being held at the DisAbility Partners located at 2775 Hwy 74 E, Sylva from 5:30 pm – 7:00 pm. RSVP by May 6, 2019 with name of attendees, phone number, email if available, age of the child (up to 12 years of age) and diagnosis or disability (so we can provide special information for your child). Seminar 3 will follow. To RSVP or for more information contact: Jody at 828-631-3900 ext 126 or jody@regionakids.org. Childcare is not available for these workshops.

May 8, 2019—Stepping Stones Triple P Seminar Series Seminar 3—Changing Problem Behavior into Positive Behavior—Tracking behaviors. Why is the behavior occurring? Ways to prevent the behavior. Encouraging cooperation. Put a plan into action. Workshop is tentatively being held at the DisAbility Partners located at 2775 Hwy 74 E, Sylva from 7:30 – 9 pm. RSVP by May 6, 2019 with name of attendees, phone number, email if available, age of the child (up to 12 years of age) and diagnosis or disability (so we can provide special information for your child). To RSVP or for more information contact: Jody at 828-631-3900 ext 126 or jody@regionakids.org. Childcare is not available for these workshops.

May 9, 2018—Jackson/Swain/Qualla Autism Chapter—Family Support Network of Region A Caregiver Group—Autism Society of NC Webinar—Guardianship: What You Need to Know--This workshop presents basic information about guardianship: What is it? Who needs it? How do you set it up? What are the alternatives? This workshop is designed to help parents in making this decision about their family situation. Objectives: to understand guardianship and who may need it; to review the process of guardianship; and, to become familiar with types of guardianship and alternatives to guardianship. Starting at 6:00 PM at Sweet Thoughts located at 67 Bryson Ave Bryson City. RSVP by one day prior to workshop with your name, phone number, email address, if available, and names of other attendees. For more information or to RSVP, contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

June 13, 2018—Jackson/Swain/ Qualla Autism Chapter—Family Support Network of Region A Caregiver Group—Autism Society of NC Webinar—Safety Considerations for Caregivers-- This workshop covers general safety considerations for parents, family members, and community caregivers of individuals with autism. The content covered is beneficial regardless of where the individual is on the spectrum or their age. How autism

can affect safety, how to be proactive, and safety--related resources are discussed. Objectives: to understand how autism can affect the safety of an individual with autism; to learn how to be proactive in maintaining community safety for people with ASD; and, to become more aware of other resources related to community safety for people with ASD. Starting at 6:00 PM at Sweet Thoughts located at 67 Bryson Ave Bryson City. RSVP by one day prior to workshop with your name, phone number, email address, if available, and names of other attendees. For more information or to RSVP, contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.