

## 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](mailto:Nicole.ross@sobermommies.com).

**Every Wednesday—Moms to Moms—**meets at Methodist Church in Andrews from 12 pm to 2 pm. For more information please contact Barbara Matteson at 828-837-3460.

**Every Thursday—Moms in the Mountains—**meets at 3765 E Alt Hwy 64, Murphy from 10 am – 11:30 am. For more information please contact Barbara Matteson at 828-837-3460.

**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.

**Last Monday of each month—Rutherford County Chapter of the Autism Society of NC meeting.** Group meets from 6 pm – 7:30 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at Ellenboro Elementary School located at 813 Piney Mountain church Rd, Ellenboro. For planning purposes, an RSVP is requested however not required to [rutherford@autismsociety-nc.org](mailto:rutherford@autismsociety-nc.org).

**Last Tuesday of each month—Henderson County Chapter of the Autism Society of NC meeting.** Group meets from 6 pm – 7:30 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at Hendersonville Presbyterian Church located at 699 N Grove St, Hendersonville. For planning purposes, an RSVP is requested however not required to [hendersonchapter@autismsociety-nc.org](mailto:hendersonchapter@autismsociety-nc.org).

**First and Third Mondays of each month—DIOM (Drugs in our Midst) Family Support Group—**Starting at 6:30pm at the conference room at Haywood County Sheriff's Office. Our purpose is to bring persons who have loved ones experiencing Substance Use Issues together. We support them, provide resources information, and share experiences and ways to make it work for you and your loved one. We pray together, cry together, and love each other. This is a faith based program provided free for those who need our support. For more information contact Jean Parris at [jeankparris@gmail.com](mailto:jeankparris@gmail.com).

**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. September through May. RSVP required. For more information contact Jody at [jody@regionakids.org](mailto: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, 2<sup>nd</sup> 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 Friday of each month—Jackson County Caregiver Group Meeting.** Starting at 10 AM at the Children's Developmental Services Agency located at 87 Bonnie Lane Sylva. This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. September through May. RSVP required. For more information contact Jody at [jody@regionakids.org](mailto:jody@regionakids.org) or 828-506-6111.

**First Saturday of each month—Macon County Chapter of the Autism Society of NC meeting.** Group meets from 4 pm - 5:30 pm. 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](mailto:maconchapter@autismsociety-nc.org) or 800-442-2762 ext 3030.

**Second Monday of each month—High Country chapter of the Autism Society of NC.** Group meets from 5:30 pm – 6:45 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. For planning purposes, an RSVP is requested however not required to [highcountrychapter@autismsociety-nc.org](mailto:highcountrychapter@autismsociety-nc.org).

**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. September through June. RSVP encouraged. For more information contact Jody at [jody@regionakids.org](mailto: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 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:cherokeechapter@autismsociety-nc.org) or [www.facebook.com/groups/asnc.cherokee](https://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](mailto:cherokeechapter@autismsociety-nc.org) or 800-442-2762 ext 3030.

**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. September through May with a picnic in June. For more information contact Jody at [jody@regionakids.org](mailto:jody@regionakids.org) or 828-506-6111.

**Second Saturday of each month—Transylvania County Chapter of the Autism Society of NC meeting.** From 10 am – 11:30 am. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at Quotations Coffee Café located at 147 e Main St, Ste 200, Brevard. For planning purposes, an RSVP is requested however not required to [transylvaniachapter@autismsociety-nc.org](mailto:transylvaniachapter@autismsociety-nc.org).

**Third Tuesday of each month—Haywood 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. Held at Three Oaks Studio located at 59 Pigeon St, Waynesville. For planning purposes, an RSVP is requested but not required to [haywoodchapter@autismsociety-nc.org](mailto: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](mailto: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](mailto:Sarah.kirkpatrick@msj.org).

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

**Monday through Friday—Car Seat Clinic—**8 am – 4 pm (closed for lunch 12 pm – 12:45 pm). Held in the Beloved Women and Children's Building (73 Kaiser Wilnoty Rd, Cherokee). Must have correct amount. Child must be present. EBCI enrollment card (parent or child). Car seats cost \$20 for infant, convertible, combination or high back booster. Questions about clinic or car seats please contact Savannah Farmer at 828-359-6216.

**June 3, 2019—Keeping the Balance: Mood Stabilizing Medications—**Managing mood disorders can be a balancing act. Attend this training to learn the role of medication in keeping the equilibrium, as well as the importance of observing medication responses, and signs and symptoms to report to a physician. Free training hosted by the Cashiers Senior Center in partnership with Vaya Health Geriatric & Adult Mental Health Specialty Team. Training will be held at the Cashiers Senior Center located at 217 Frank Allen Rd, Cashiers from 12:30 pm to 1:30 pm. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 4, 2019—Criminal Record Expunction Clinic**—Attend the free criminal record expunction clinic to learn if you can remove any information from your criminal record. The clinic will not provide specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/criminal-record-expunction>. For more information contact Legal Aid of NC at 1-866-219-5262.

**June 5, 2019—Commonly Misused Medications: Understanding Medication Effects on the Aging Brain**—Did you know that misuse of medications is a growing problem in older adults? This training identifies commonly misused medications, discusses the physiological differences related to aging, and treatments and interventions. Attending this course can shed light on the various contributors to this growing problem. We also discuss the possibilities of how we can help as individuals and as a society. Training will be held at the Clay Senior Center located at 196 Ritter Road from 10 am to 11:30 am. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 6, 2019—Social Security Disability Clinic**—Attend a free clinic on social security disability. Learn about the types of adult social security disability benefits, how to qualify, the application process, and what you will need to show to prove that you are entitled to benefits. You will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/social-security-disability>. For more information contact Legal Aid of NC at 1-866-219-5262.

**June 6, 2019—Social Security Disability Clinic**— Attend a free clinic on social security disability. Learn about the types of adult social security disability benefits, how to qualify, the application process, and what you will need to show to prove that you are entitled to benefits. You will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/social-security-disability>. For more information contact Legal Aid of NC at 1-866-219-5262.

**June 7, 2019—NC Works Hiring Event**—NC Works Career Center is holding a hiring event at the Macon County Public Library starting at 1:30 pm until 4:30 pm. Featuring the following companies: Bojangles; Little Caesar's Pizza; Town of Franklin; Sonic; US Census Bureau; Walmart; Macon Valley; Beasley Flooring; Drake; and Macon County. Applications will also be accepted for Quality Janitorial, Franklin Tubular, Major Display and Haywood Smokehouse (Kitchen staff only). On the spot interviews! Bring an updated resume and Dress for Success.

**June 11, 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](mailto:jheim@autismsociety-nc.org).

**June 11, 2019—Child Custody and Visitation Clinic**—Attend the free child custody and visitation clinic to learn how to file a child custody action in court without an attorney. You will also learn about visitation. You will be provided with a packet of legal forms and instructions, and you will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual

legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/child-custody-and-visitation>. For more information contact Legal Aid of NC at 1-866-219-5262.

**June 12, 2019—OCD: Supporting People with Obsessions and Compulsions in an Adaptive Way**--Thoughts and behaviors are usually associated brain-based operations; however, when this construct becomes too fused or is fueled by and underlying emotion like anxiety, the outcome can be debilitating. This class focuses on obsessive compulsive disorder in older adults detailing contributing causes, symptoms and outcome-based treatment protocols. Training will be held at J Robert Penland Senior Center located at 69 Alpine St, Murphy from 10:30 am – 11:30 am. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 12, 2019—NC Able Accounts webinar**-- Learn more about NC ABLE accounts with a free webinar from the State Treasurer's office. The 2015 NC Achieving a Better Life Experience (ABLE) Act paved the way for tax-advantaged savings accounts that allow individuals with disabilities to save money without endangering SSDI, Medicaid, and other supports. Get the latest information on eligibility, enrollment, contributions, "gifting," guardianship, checking/debit card features, qualified disability expenses, and more. Use this link to register: <https://register.gotowebinar.com/register/7415649975410923531>.

**June 13, 2019—Employee Rights Clinic**—Attend the free clinic on employee rights. Topics include employment at will, right to work, discrimination, retaliation, and unemployment benefits. We will give you a packet of legal information, and you will watch an informational video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/employee-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**June 17, 2019—Dementia and Psychosis Behavior: What You Need to Know**-- In this class, case review and activities, are used to identify frequent challenging behaviors associated with dementia and psychosis. Participants review factors that may trigger behaviors and discuss prevention and intervention strategies. Training will be held at Jackson County Senior Center located at 100 County Services Park Drive, Sylva from 10 am – 12 pm. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 18, 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](mailto:jheim@autismsociety-nc.org).

**June 18, 2019—Commonly Misused Medications: Understanding Medication Effects on the Aging Brain**—Did you know that misuse of medications is a growing problem in older adults? This training identifies commonly misused medications, discusses the physiological differences related to aging, and treatments and interventions. Attending this course can shed light on the various contributors to this growing problem. We also discuss the possibilities of how we can help as individuals and as a society. Training will be held at the

John Welch Senior Center located at 302 Airport Rd, Marble from 10:30 am to 11:30 am. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 18, 2019—Spotting Elder Abuse**—Community Calling Series sponsored by Legal Aid of NC. Conference call to get information your family needs. This call will not give you specific, individual legal advice. Starts at 7 pm. Call-in number: 1-866-295-5950. Participant code: 3107154.

**June 19, 2019—Dementia and Psychosis Behavior: What You Need to Know**-- In this class, case review and activities, are used to identify frequent challenging behaviors associated with dementia and psychosis. Participants review factors that may trigger behaviors and discuss prevention and intervention strategies. Training will be held at Canton Senior Center located at 1 Pigeon St, Canton from 9:30 am – 11 am. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 20, 2019—Commonly Misused Medications: Understanding Medication Effects on the Aging Brain**—Did you now that misuse of medications is a growing problem in older adults? This training identifies commonly misused medications, discusses the physiological differences related to aging, and treatments and interventions. Attending this course can shed light on the various contributors to this growing problem. We also discuss the possibilities of how we can help as individuals and as a society. Training will be held at the Maggie Valley Nutrition Site located at 3987 Soco Rd, Maggie Valley from 10 am to 11 am. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 20, 2019—Simple Divorce Clinic**—Attend a free clinic on simple divorce. Learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**June 20, 2019—Simple Divorce Clinic**—Attend a free clinic on simple divorce. Learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**June 24, 2019—The Impact of Chronic Medical Illnesses on the Brain**—Chronic diseases can be challenging to manage. Come and learn ways to help the care recipient cope with the emotional and behavioral symptoms that sometimes accompany these medical conditions. Training will be held at Andrews Nutrition Site located at 54 Park St, Andrew from 10:30 am – 11:30 am. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 25, 2019—Substance Use, Misuse and the Opioid Crisis**--Adults of any age can encounter problems with substances. This class details common substance use issues and tips for those caring for those individuals. Training will be held at the Waynesville Nutrition Site located at 44 Boundary St, Waynesville. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 27, 2019—Tenants Rights Clinic**—Attend a free clinic on tenant rights. Learn what to do if your landlord will not make repairs. You will watch an instructional video. A volunteer Attorney will be available to answer

general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/tenant-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**June 27, 2019—Tenants Rights Clinic**—Attend a free clinic on tenant rights. Learn what to do if your landlord will not make repairs. You will watch an instructional video. A volunteer Attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/tenant-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**June 27, 2019—Commonly Misused Medications: Understanding Medication Effects on the Aging Brain**—Did you now that misuse of medications is a growing problem in older adults? This training identifies commonly misused medications, discusses the physiological differences related to aging, and treatments and interventions. Attending this course can shed light on the various contributors to this growing problem. We also discuss the possibilities of how we can help as individuals and as a society. Training will be held at the Graham Senior Center located at 185 W Fort Hill, Robbinsville from 10:30 am to 11:30 am. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**June 30—July 2, 2019—Truett's GrandParent Camp**—Theme for grandparent camp 2019 is Lego Mania Building for the Future. Held at Truett Conference Center and Camp. Begins 3 pm on June 30<sup>th</sup> and ends at 1:30 pm on July 2<sup>nd</sup>. During these 3 days grandparents will be able to assist grandkids while enjoying camp themselves or sit back and watch grandkids having fun. Children ages 6-12 are welcome when chaperoned by a grandparent (any age). Overnight accommodations are hotel-style with linens provided. All meals are served in the dining hall. For more information and pricing please visit <https://truettcamp.org/truett-grand-camp/>.

**July 2, 2019—Criminal Record Expunction Clinic**—Attend the free criminal record expunction clinic to learn if you can remove any information from your criminal record. The clinic will not provide specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/criminal-record-expunction>. For more information contact Legal Aid of NC at 1-866-219-5262.

**July 9, 2019—Child Custody and Visitation Clinic**—Attend the free child custody and visitation clinic to learn how to file a child custody action in court without an attorney. You will also learn about visitation. You will be provided with a packet of legal forms and instructions, and you will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/child-custody-and-visitation>. For more information contact Legal Aid of NC at 1-866-219-5262.

**July 11, 2019—Employee Rights Clinic**—Attend the free clinic on employee rights. Topics include employment at will, right to work, discrimination, retaliation, and unemployment benefits. We will give you a packet of legal information, and you will watch an informational video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/employee-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**July 18, 2019—Simple Divorce Clinic**—Attend a free clinic on simple divorce. Learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**July 18, 2019—Simple Divorce Clinic**—Attend a free clinic on simple divorce. Learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**July 23, 2019—Health Care POA and Living Wills Clinic**—Attend a free clinic on health care POA and living wills. Learn how to complete a health care power of attorney and a living will on your own. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/health-care-powers-of-attorney-and-living-wills>. For more information contact Legal Aid of NC at 1-866-219-5262.

**July 23, 2019—Health Care POA and Living Wills Clinic**—Attend a free clinic on health care POA and living wills. Learn how to complete a health care power of attorney and a living will on your own. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/health-care-powers-of-attorney-and-living-wills>. For more information contact Legal Aid of NC at 1-866-219-5262.

**July 25, 2019—Tenants Rights Clinic**—Attend a free clinic on tenant rights. Learn what to do if your landlord will not make repairs. You will watch an instructional video. A volunteer Attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/tenant-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**July 25, 2019—Tenants Rights Clinic**—Attend a free clinic on tenant rights. Learn what to do if your landlord will not make repairs. You will watch an instructional video. A volunteer Attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/tenant-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**August 1, 2019—Social Security Disability Clinic**—Attend a free clinic on social security disability. Learn about the types of adult social security disability benefits, how to qualify, the application process, and what you will need to show to prove that you are entitled to benefits. You will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from



2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/social-security-disability>. For more information contact Legal Aid of NC at 1-866-219-5262.

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**August 6, 2019—Criminal Record Expunction Clinic**—Attend the free criminal record expunction clinic to learn if you can remove any information from your criminal record. The clinic will not provide specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/criminal-record-expunction>. For more information contact Legal Aid of NC at 1-866-219-5262.

**August 8, 2019—Employee Rights Clinic**—Attend the free clinic on employee rights. Topics include employment at will, right to work, discrimination, retaliation, and unemployment benefits. We will give you a packet of legal information, and you will watch an informational video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/employee-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**August 13, 2019—Child Custody and Visitation Clinic**—Attend the free child custody and visitation clinic to learn how to file a child custody action in court without an attorney. You will also learn about visitation. You will be provided with a packet of legal forms and instructions, and you will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/child-custody-and-visitation>. For more information contact Legal Aid of NC at 1-866-219-5262.

**August 15, 2019—Simple Divorce Clinic**—Attend a free clinic on simple divorce. Learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**August 15, 2019—Simple Divorce Clinic**—Attend a free clinic on simple divorce. Learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**August 22, 2019—Tenants Rights Clinic**—Attend a free clinic on tenant rights. Learn what to do if your landlord will not make repairs. You will watch an instructional video. A volunteer Attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/tenant-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**August 22, 2019—Tenants Rights Clinic**—Attend a free clinic on tenant rights. Learn what to do if your landlord will not make repairs. You will watch an instructional video. A volunteer Attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/tenant-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**September 3, 2019—Criminal Record Expunction Clinic**—Attend the free criminal record expunction clinic to learn if you can remove any information from your criminal record. The clinic will not provide specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/criminal-record-expunction>. For more information contact Legal Aid of NC at 1-866-219-5262.

**September 5, 2019—Social Security Disability Clinic**—Attend a free clinic on social security disability. Learn about the types of adult social security disability benefits, how to qualify, the application process, and what you will need to show to prove that you are entitled to benefits. You will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/social-security-disability>. For more information contact Legal Aid of NC at 1-866-219-5262.

**September 5, 2019—Social Security Disability Clinic**— Attend a free clinic on social security disability. Learn about the types of adult social security disability benefits, how to qualify, the application process, and what you will need to show to prove that you are entitled to benefits. You will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/social-security-disability>. For more information contact Legal Aid of NC at 1-866-219-5262.

**September 10, 2019—Child Custody and Visitation Clinic**—Attend the free child custody and visitation clinic to learn how to file a child custody action in court without an attorney. You will also learn about visitation. You will be provided with a packet of legal forms and instructions, and you will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/child-custody-and-visitation>. For more information contact Legal Aid of NC at 1-866-219-5262.

**September 12, 2019—Employee Rights Clinic**—Attend the free clinic on employee rights. Topics include employment at will, right to work, discrimination, retaliation, and unemployment benefits. We will give you a packet of legal information, and you will watch an informational video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/employee-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**September 14, 2019—Rally for Recovery**—Prevention works. Treatment is effective. People recover. Be a part of positive change. Join us as we celebrate National Recovery Month and spread the message that people do achieve and sustain recovery from alcohol, drugs, mental health concerns, and other life challenges. Everyone is welcome! Whether you are in recovery, know someone in recovery or simply want to support your family, friends, and neighbors as we work together to build a healthier community. Recovery changes the conversation from problem to solution. We are truly one community in recovery! Free food and drinks. Children's activities. Guest speakers / music / and drum circle. Give aways. Information about resources and services in the community. Being held at Lake Junaluska open air gym at Lake Junaluska, NC. Free. [www.facebook.com/westernregionrecoveryrally](http://www.facebook.com/westernregionrecoveryrally). For general information contact Daniel Reece at 828-734-0509 or [reececup1986T@aol.com](mailto:reececup1986T@aol.com). For information about setting up a table for you organization contact Stephanie Almeida at 828-349-0036 or [preventionrocks@gmail.com](mailto:preventionrocks@gmail.com).

**September 19, 2019—Simple Divorce Clinic**—Attend a free clinic on simple divorce. Learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**September 19, 2019—Simple Divorce Clinic**—Attend a free clinic on simple divorce. Learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**September 26, 2019—Tenants Rights Clinic**—Attend a free clinic on tenant rights. Learn what to do if your landlord will not make repairs. You will watch an instructional video. A volunteer Attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/tenant-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

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**October 22, 2019—Health Care POA and Living Wills Clinic**—Attend a free clinic on health care POA and living wills. Learn how to complete a health care power of attorney and a living will on your own. You will receive a packet of legal forms and watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/health-care-powers-of-attorney-and-living-wills>. For more information contact Legal Aid of NC at 1-866-219-5262.

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**Jackson and Haywood County residents**—Have a SNAP/EBT card get free fruits and veggies with Double Up Food Bucks at participating locations. For details visit this link: <http://mountainwise.org/double-up-food-bucks-dufb/>.