

## 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 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. 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. 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. 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. 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 [transylvaniachpater@autismsociety-nc.org](mailto:transylvaniachpater@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.

**March 1, 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 10 AM at the Children's Developmental Services Agency located at 87 Bonnie Lane Sylva. RSVP by February 25, 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](mailto:jody@regionakids.org). Childcare is not available for these workshops.

**March 5, 2019—Part 5: The IEP Meeting flash webinar—**12 pm – 12:30 pm-- What is a flash webinar? It is a 30 minute webinar starting with a short instructional video (4-11 minutes) followed by discussion and Q&A with ECAC Parent Educators. PART 5: The IEP Meeting. This is part 5 of a 5 part series designed to educate

parents about the IEP team process and to empower families to be better prepared to effectively participate in their child's education. Professionals and other community members are always welcome to participate. Please register for Part 5 at: <https://register.gotowebinar.com/register/1790494608693438466>. Contact: Anne Johnston, Parent Educator. Email: [ajohnston@ecacmail.org](mailto:ajohnston@ecacmail.org). Phone: 866-545-5299. More Info: <https://register.gotowebinar.com/register/1790494608693438466>.

**March 12, 2019—Community Baby Shower**—Education provided on baby's safe sleep, WIC, breastfeeding, car seats, and, more! From 3 pm – 6 pm at the Swain County Health Department. This is a drop-in event. Open to the public. Bring your friend and family. For more information call 828-488-3198.

**March 13, 2019—CIHA Pediatrics Sports Physical Clinic**—from 2 pm – 5 pm. Requirements: established CIHA patient; age 5-18 years old; parent or guardian must be present; athletes with complex medical history....(followed by a specialist) should be scheduled with primary care provider on a normal clinic day. Only the first 60 pre-scheduled appointments will be seen so call today to schedule. Dr. Nations at 828-497-3553, Dr. Givens at 828-497-3552, or Lauren Webb PA-C at 828-497-3551.

**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](mailto:jody@regionakids.org). Childcare is not available for these workshops.

**March 14, 2019-- Transition to Adulthood Part 2 webinar**—12 pm – 1:15 pm-- This 3 part series on the Transition to Adulthood will help parents and students to prepare for life after high school. We will cover a variety of topics regarding independence, self-advocacy, post-secondary options, employment, supported decision making, and more! Part 1: Growing Up and Self-Determination. Becoming an adult actually starts in childhood. We will discuss ways to help your child develop "soft" skills that will help them better manage their lives as adults. Age of majority considerations will also be covered. Please register at: <https://attendee.gotowebinar.com/register/6403306527272308482>. Contact: Debra Pickens. Email: [dpickens@ecacmail.org](mailto:dpickens@ecacmail.org). Phone: 7048921321. More Info: <https://attendee.gotowebinar.com/register/6403306527272308482>.

**March 19, 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).

**March 23, 2019—10<sup>th</sup> Annual Health Living Festival**—9 am – 12 pm at the Cullowhee Rec Center located at 88 Cullowhee Mountain Rd, Cullowhee. A free annual health fair hosting a large group of health-related organizations in one location. For more information contact Janelle Messer at 828-587-8238.

**March 28, 2019-- Transition to Adulthood Part 1 webinar**—12 pm – 1:15 pm-- This 3 part series on the Transition to Adulthood will help parents and students to prepare for life after high school. We will cover a variety of topics regarding independence, self-advocacy, post-secondary options, employment, supported decision making, and more! Part 1: Growing Up and Self-Determination. Becoming an adult actually starts in childhood. We will discuss ways to help your child develop "soft" skills that will help them better manage their lives as adults. Age of majority considerations will also be covered. Please register at: <https://attendee.gotowebinar.com/register/6403306527272308482>. Contact: Debra Pickens. Email: [dpickens@ecacmail.org](mailto:dpickens@ecacmail.org). Phone: 7048921321. More Info: <https://attendee.gotowebinar.com/register/6403306527272308482>.

**April 5, 2018— Jackson County Family Support Network of Region A Caregiver Group--Autism Society of North Carolina**—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 10 AM at the Children's Developmental Services Agency located at 87 Bonnie Lane 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](mailto:jody@regionakids.org).

**April 5 and 6, 2019—Empowered Conference**—Two-day event presented by Show Hope and sponsored by Focus on the Family. Hosted by New Covenant Church in Clyde. Everyone and anyone who desires to improve their impact, influence and interaction with children will benefit from this conference. You will experience practical teaching in a safe and supportive environment as we work to equip families, churches, and professionals to better serve children. Featuring Trust-Based Relational Intervention® methods by Dr. Karyn Purvis and Dr. David Cross from the Karyn Purvis Institute of Child Development, this conference helps bring healing, hope and encouragement to families and those who work with children. To register visit [www.newcovenantchurch.com](http://www.newcovenantchurch.com). Registration: \$25 per person or \$40 per couple (before March 5, 2019) and \$35 per person or \$60 per couple (after March 5, 2019). Schedule: Friday, April 5<sup>th</sup>, 10 am – 6 pm and Saturday, April 6<sup>th</sup>, 10 am – 6 pm. Light snacks and drinks will be served during session breaks. Lunch will be available for purchase on site- during lunch breaks. Childcare will not be available for this event. For more information call Nann Anderson at 404-663-5581.

**April 6, 2019—Far West Conference**—For foster / adoptive families. Watch for more details.

**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](mailto:jody@regionakids.org).

**May 3, 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 10 AM at the Children's Developmental Services Agency located at 87 Bonnie Lane Sylva. RSVP by April 29, 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](mailto:jody@regionakids.org). Childcare is not available for these workshops.

**May 3, 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 10 AM at the Children’s Developmental Services Agency located at 87 Bonnie Lane Sylva. RSVP by April 29, 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](mailto: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](mailto: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](mailto:jody@regionakids.org).