

COMMUNITY GROUPS/WORKSHOPS/MEETINGS

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

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

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

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

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

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

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

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

Third Thursday of each month—Caregiver Group Meeting. Starting at 6 PM at Macon Public Library located at 149 Siler Farm Rd, Franklin. This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. For more information contact Jody at jody@regionakids.org or 828-506-6111.

Fourth Monday of each month—Adolescent Support Group for Chronic Medical Conditions 4 PM – 5 PM.

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

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

Strengthening Families Program Ages 6-11—The Swain County Family Resource Center would like to invite you and your family to participate in their Strengthening Families program!!! A great program to explore new skills! Fun Family Activities! Free childcare for children under 5. Incentives and Walmart Gift card upon completion! For more information or interested in participating please call the Swain County Family Resource Center at 828-488-7505.

Summer Nutrition Programs—Federal Assistance Programs that provide free meals to economically disadvantaged children during the summer. All children 18 and under are eligible for the free meals. Location in Jackson County includes the First Baptist Church – Sylva 669 W Main St until 8/11/2017 on Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays with breakfast from 7:30 am to 8:30 am and lunch from 11:45 am until 12:30 pm;

Summer Nutrition Programs—Federal Assistance Programs that provide free meals to economically disadvantaged children during the summer. All children 18 and under are eligible for the free meals. Locations in Swain County include all Swain County Schools until 8/11/17 on Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays with breakfast from 7:30 am to 9 am and lunch from 11:30 am until 1 pm. For more information call the School Nutrition Program at 828-488-3129 ext 5126 or Swain Middle School Cafeteria at 828-488-3480 ext 5337.

September 5, 2017—Understanding the Diagnosis: What Your Child w/ASD Wishes You Knew (Part 1 of 4)--

This four-part webinar series is designed for parents, caregivers, and family members of children who are birth to 6 years old and were recently diagnosed with Autism Spectrum Disorder (ASD). This webinar series is free. Registration is required. 10:00 - 11:00 a.m. Presenter: Katie Holler, Autism Resource Specialist. We will explore how ASD may affect how your child communicates and interacts socially, the behavior and emotional challenges they may face, and how they may differ in the ways that they think and learn. For more information, contact Katie Holler at 252-414-1437 or kholler@autismsociety-nc.org.

September 7, 2017—ECAC's new IEP Clinic- This workshop is being co-sponsored with the Family Support Network of Region A, a program of Region A Partnership for Children and Exceptional Children's Assistance Center. All materials will be provided at no cost! This interactive workshop will include: a brief overview of what's included in the IEP – Individualized Education Program; how to participate in the development of your child's IEP; how to review your child's Present Level(s) of Academic Achievement and Functional Performance (PLAAFP); how to ensure that your child's IEP goals are measurable and specific to meet your child's needs; explanations and examples of accommodations and modifications that can be used to support your child's

learning; and, strategies and tips for successful meetings. Time will be provided for questions and answers. Presented by Anne Johnston from ECAC. Bring your child's IEP and follow along step by step. The workshop starts at 6 pm and ends at 8:30 pm. Location for workshop is Smart Start west office located at 141 Peachtree St, Ste #5, Professional Building, Murphy. Registration is required. RSVP by September 5, 2017. A minimum of 3 registrants is needed or workshop will be cancelled. For more information or to register contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

September 9, 2017—The Annual 2017 Recovery Rally-- Be part of positive change! Join us Sept. 9 as we celebrate National Recovery Month and spread the message that people do achieve sustained recovery from alcohol, drugs, mental health concerns and other life challenges. This free, family-friendly event is open to everyone, whether you're in recovery, interested in recovery, know someone in recovery or simply want to support our families, friends and neighbors as we work together to build healthier communities. 10 am to 2 pm at Lake Junaluska NC. Hope to see you there! For more information contact NAMI Appalachian South at 706-9790-9987 or name.appsouth@yahoo.com.

September 9, 2017—ECAC's new IEP Clinic- This workshop is being co-sponsored with the Family Support Network of Region A, a program of Region A Partnership for Children and Exceptional Children's Assistance Center. All materials will be provided at no cost! This interactive workshop will include: a brief overview of what's included in the IEP – Individualized Education Program; how to participate in the development of your child's IEP; how to review your child's Present Level(s) of Academic Achievement and Functional Performance (PLAAFP); how to ensure that your child's IEP goals are measurable and specific to meet your child's needs; explanations and examples of accommodations and modifications that can be used to support your child's learning; and, strategies and tips for successful meetings. Time will be provided for questions and answers. Presented by Anne Johnston from ECAC. Bring your child's IEP and follow along step by step. The workshop starts at 10 am and ends at 12:30 pm. Location for workshop is Long's Chapel United Methodist Church located at 133 Old Clyde Road, Clyde in the modular unity. Registration is required. RSVP by September 7, 2017. A minimum of 3 registrants is needed or workshop will be cancelled. For more information or to register contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

September 11, 2017—Vaya's Quarterly Innovations Stakeholders Meeting (Sylva)-- Attendees will receive information and provide feedback regarding: Innovations Waiver Services. We value your privacy and adhere to confidentiality regulations. Case-specific information will not be discussed during the meeting, and will be referred to the appropriate contact. 1 pm to 2:30 pm. Being held at the United Community Bank located at 1640 E Main St, Sylva. For more information call 1-800-849-6127 or email innovations.stakeholder@vayahealth.com.

September 11, 2017—Incredible Years—Free childcare and free meals and other give-a-ways. A trouble shooting guide for parents. Help your child be successful in school. Promote your child's social and emotional competence. Dinner starts at 5:15 and class starts at 6 pm. Space is limited. Held at Jackson County Family Resource Center, Webster. Contact Andrea McClure for additional program information at 828-477-4532 or mcclure.andrea@swcdcinc.org.

September 12, 2017—Understanding the Diagnosis: What Your Child w/ASD Wishes You Knew (Part 2 of 4)- -This session is an introduction to better understand what best practices in early intervention is all about. This will include an overview on joint attention and social engagement, the foundations for a successful outcome. This webinar series is free. Registration is required. 10:00 - 11:00 a.m. Presenter: Katie Holler, Autism Resource Specialist. For more information, contact Katie Holler at 252-414-1437 or kholler@autismsociety-nc.org.

September 12, 2017—Swain Family Council (Smart Start/Local Interagency Coordinating Council Children’s Fair—It is a Red White and Blue event. The children’s fair will offer families and their young children an opportunity to enjoy an afternoon of fun activities and entertainment as well as information gathering of community resources. Being held at the Swain County Recreation Center (Old Pepsi Plant) located at 30 Recreation Park Dr, Bryson City. For more information contact Melissa Barker at the Swain Family Resource Center at 828-488-7505 or msbarker31@gmail.com or Jody Miller at Family Support Network of Region A at 828-631-3900 ext 126 or jody@regionakids.org.

September 12, 2017—Impact of Autism: Taking Care of the Caretaker (Webinar)--Caring for a loved one with autism can be stressful over time. It is not a sprint, but a marathon. We will explore simple ways that parents and care givers can care for themselves so they are better able to care for their loved one. Objectives: learn the importance of combating stress with relaxation techniques; identify times during the day to practice techniques; and, observe and practices relaxation steps. Registration is \$10, and the deadline is September 11 at 6 p.m. For more information, please contact Nancy Nestor at nnestor@autismsociety-nc.org or 704-894-9678.

September 13, 2017-- Que es el IEP- Plan Individual Educativo y Como ayudar mi hijo (Webinar)— Este Webinar in Español esta designado para ayudar a los padres y profesionales a entender que es el IEP (Programa Educativo Individualizado) y como los padres pueden participar activamente en este proceso. This webinar covers the most basic questions asked about the IEP process (Individualized Education Program). Objectivos: para entender el proceso del IEP; como los padres pueden participar en la cita del IEP; que tipo de information se incluye en el IEP; and, Para conocer mas sobre la ley de educacion especial. Registracion: \$10. For more information, please contact Mariela Maldonado at mmaldonado@autismsociety-nc.org.

September 13, 2017—Back-To-School Legal Clinic: Know Your Rights in Public Schools—Legal Aid of North Carolina wants to help families exercise their legal rights in the North Carolina public school system. Learn about school enrollment rights, school discipline issues like suspensions and expulsion, and protections for children with special education needs. 12 to 1:30 PM. The clinic is being held at multiple locations. Andrews Public Library located at 871 Main St Andrews and Legal Aid Sylva located at 1286 W Main St Sylva are the two in the Region A area. To find more locations please visit legallaidnc.eventbrite.com. Attendance is free but advance registration is required. To register call 1-866-219-5262 or visit legallaidnc.eventbrite.com.

September 13, 2017—ECAC’s new IEP Clinic- This workshop is being co-sponsored with the Family Support Network of Region A, a program of Region A Partnership for Children and Exceptional Children’s Assistance Center. All materials will be provided at no cost! This interactive workshop will include: a brief overview of what’s included in the IEP – Individualized Education Program; how to participate in the development of your child’s IEP; how to review your child’s Present Level(s) of Academic Achievement and Functional Performance (PLAAFP); how to ensure that your child’s IEP goals are measurable and specific to meet your child’s needs; explanations and examples of accommodations and modifications that can be used to support your child’s learning; and, strategies and tips for successful meetings. Time will be provided for questions and answers. Presented by Anne Johnston from ECAC. Bring your child’s IEP and follow along step by step. The workshop starts at 6 pm and ends at 8:30 pm. Location for workshop is DisAbility Partners located at 2775 Hwy 74 East, Sylva. Registration is required. RSVP by September 11, 2017. A minimum of 3 registrants is needed or workshop will be cancelled. For more information or to register contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

September 14, 2017—ECAC’s new IEP Clinic- This workshop is being co-sponsored with the Family Support Network of Region A, a program of Region A Partnership for Children and Exceptional Children’s Assistance Center. All materials will be provided at no cost! This interactive workshop will include: a brief overview of

what's included in the IEP – Individualized Education Program; how to participate in the development of your child's IEP; how to review your child's Present Level(s) of Academic Achievement and Functional Performance (PLAAFP); how to ensure that your child's IEP goals are measurable and specific to meet your child's needs; explanations and examples of accommodations and modifications that can be used to support your child's learning; and, strategies and tips for successful meetings. Time will be provided for questions and answers. Presented by Anne Johnston from ECAC. Bring your child's IEP and follow along step by step. The workshop starts at 6 pm and ends at 8:30 pm. Location for workshop is Swain Regional Business Education and Training Center located at 45 East Ridge Drive, Bryson City. Registration is required. RSVP by September 12, 2017. A minimum of 3 registrants is needed or workshop will be cancelled. For more information or to register contact Jody Miller at 828-631-3900 ext 126 or jody@regionakids.org.

September 16, 2017—Autism, Girls & Puberty (Webinar)--Puberty brings many challenges, but what happens when you add all of those changes to autism?! And what happens when all of those changes and challenges are happening with a girl? Learn answers to all of the questions you are afraid to ask and develop a plan to successfully navigate the female side of puberty. Registration deadline is September 10 at 6 p.m. For more information, contact Amy Perry at aperry@autismsociety-nc.org.

September 19, 2017—Understanding the Diagnosis: What Your Child w/ASD Wishes You Knew (Part 3 of 4)-We will explore and identify some strategies that can be applied to prevent and respond to challenging behaviors in young children with ASD. This webinar series is free. Registration is required. 10:00 - 11:00 a.m. Presenter: Louise Southern, Associate Clinical Director & Katie Holler, Autism Resource Specialist. For more information, contact Katie Holler at 252-414-1437 or kholler@autismsociety-nc.org.

September 26, 2017—Understanding the Diagnosis: What Your Child w/ASD Wishes You Knew (Part 4 of 4)- This is a time to learn how to find local resources, ways to connect to parent support, and some techniques to help manage the emotions that come with receiving the diagnosis. This webinar series is free. Registration is required. 10:00 - 11:00 a.m. Presenter: Katie Holler, Autism Resource Specialist For more information, contact Katie Holler at 252-414-1437 or kholler@autismsociety-nc.org.