

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 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 2nd Thursday—NAMI Family Support Group. Starting at 7 pm. NAMI Family Support Group is for the family members/caregivers and friends of those living with a mental illness. Family Support Group meets monthly on the SECOND Tuesday of each month at the Outreach Center at 7p.m. For more information: Matt (828) 349-9252 email: matt@hughtes.net or Ann (828) 369-7385 email: anl@dnet.net.

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—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 Autism Chapter 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 Melissa Zenz at mzenz@autismsociety-nc.org or 800-442-2762 ext 3030.

Second Thursday of each month—Jackson/Swain/Qualla Autism Chapter—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—Cherokee County Autism Chapter 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 Kids in Stride located at 2810 W Us Hwy 64, Ste 2, Murphy. For planning purposes, an RSVP is requested but not required to Melissa Zenz at mzenz@autismsociety-nc.org or 800-442-2762 ext 3030. For more information contact the chapter at buncombechapter@autismsociety-nc.org.

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 10 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 Autism Chapter 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 Melissa Zenz at mzenz@autismsociety-nc.org or 800-442-2762 ext 3030. For more information contact the chapter at buncombechapter@autismsociety-nc.org.

Third Thursday of each month—Buncombe County Autism Chapter 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 Melissa Zenz at mzenz@autismsociety-nc.org or 800-442-2762 ext 3030. For more information contact the chapter at buncombechapter@autismsociety-nc.org.

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>.

September 6, 2018—Resources for Integrated Care Webinar: Person-Centered Approaches to Support People Dually Eligible for Medicare and Medicaid—2 – 3:30 pm. This webinar will describe practical person-centered tools and approaches organizations and professionals can adapt to better support dually eligible individuals. Speakers will share strategies for integrating person-centered approaches into clinical and community-based settings to help people age in place. Registration is required to receive the webinar information. Visit https://resourcesforintegratedcare.com/GeriatricCompetentCare/2018_GCC_Webinar_Series/Person_Centered_Care to sign up, view accreditation information and learn more. Dial-in information can be requested via email to RIC@lewin.com.

September 8, 2018—Asheville Amblers at DuPont Falls.—8:30 am. If you like walking and other non-competitive sporting events, you are in the right place. The Asheville Amblers Walking Club hosts numerous events throughout the year, all of which are open to everyone regardless of age or athletic ability. This walk is at Black Mountain, Montreat Route. For more details and a list of other walks please visit www.ashevilleamblers.com.

September 8, 2018—Rally for Recovery—Western Regional Recovery Rally from 10 am to 2 pm at open air gym at Lake Junaluska. Free. Everyone is welcome. 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! Recovery walk around the lake. Free food and drinks. Children's activities. Guest speakers. Recovery champion and rally of the year award. Giveaways. Information about resources and services in the community. For general information contact Reid Smithdeal at 828-773-5038 or reid.smithdeal@meridian.org. For information about setting up a table for your organization contact Stephanie Alemeida at 828-475-1920 or preventionrocks@gmail.com.

September 11, 2018—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.

September 12, 2018— Jackson County 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 DisAbility Partners located at 2775 Hwy 74 E Sylva. RSVP by September 10, 2018 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.

September 17, 2018—Autism: Basic Strategies for Volunteers (webinar)-- This training is geared toward volunteers in faith communities and other community volunteers who want a basic understanding of Autism Spectrum Disorder. Objectives: to build a better understanding of ASD; to review some basic strategies for working with individuals with autism; and, to learn about helpful resources. \$10 fee. Refunds up to 7 days before event. Register at <https://www.eventbrite.com/e/autism-basic-strategies-for-volunteers-webinar-registration-46543686419>. For questions about the webinar, contact Wanda Curley at wcurley@autismsociety-nc.org.

September 18, 2018—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.

September 18, 2018—Recover Gala—A celebration of life. A series focused on health issues that affect our community. Please join us for the conclusion of 6 months of programming in the mind and body series @ the Jackson County Public Library in the community room starting at 6 pm. Appetizers and refreshments will be available. For more information about this free program please call the library at 828-586-2016.

September 24, 2018—Parent Mentor Training—Family Support Network of Region A is seeking volunteer caregivers willing to offer support to other families who are raising a child with special needs. We are looking for both moms and dads. Minimum of 3 is needed to hold the training. This 2.5 hour workshop is being offered three times: 9 am – 11:30 am; 1:30 pm – 4 pm; or 6 pm – 8:30 pm. The workshops are being held at the Children’s Developmental Services Agency located at 87 Bonnie Lane, Sylva. The training has changed, everyone is encourage to attend if you have not been trained in the past two years! RSVP by September 20, 2018. RSVP with time of workshop, name of attendee(s), and phone #. 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.

September 25, 2018—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 Region A Partnership for Children’s Murphy office located at 141 Peachtree St, Suite #5, Professional Building, Murphy. RSVP by September 21, 2018 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.

September 30, 2018—DIOM Prayer Walk—Start at 2 pm. Down town Waynesville. Line up on Academy Street. For more information contact Jean Parris at jeankparris@gmail.com.

October 11, 2018—Jackson/Swain/Qualla Autism Chapter—Family Support Network of Region A Caregiver Group--Autism in Adults (What happens after school)—Details to follow. 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.

October 16, 2018—Parent Mentor Training—Family Support Network of Region A is seeking volunteer caregivers willing to offer support to other families who are raising a child with special needs. We are looking for both moms and dads. Minimum of 3 is needed to hold the training. This 2.5 hour workshop is being offered three times: 9 am – 11:30 am; 1:30 pm – 4 pm; or 6 pm – 8:30 pm. Tentative location for the workshops is the Community Center located at 196 Knight St, Robbinsville. The training has changed, everyone is encourage to attend if you have not been trained in the past two years! RSVP by October 12, 2018. RSVP with time of workshop, name of attendee(s), and phone #. 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.

October 17-18--2018—Nurturing the Brain Risk and Resilience in Early Childhood--Train-the-Trainer Retreat for Experienced/Established Professionals in Early Childhood & Family Services. Spaces are limited. Kanuga Conference Center, Hendersonville, NC. Scheduled in the western part of North Carolina by popular demand! Be a part of this innovative professional development experience offered in a lovely autumn setting. Gain skills, knowledge and motivation to effectively embed *Nurturing the Brain* content into your role as trainer, coach, mentor, educator, clinician, faculty, or advocate. Explore new resources and strategies for engaging and supporting adult learners through a training experience designed specifically for those who provide professional development or technical assistance. Strengthen multidisciplinary connections with other early childhood professionals who share your commitment to child and family well-being. Refresh and rejuvenate through fellowship with other dedicated individuals in a relaxed retreat atmosphere. This 2-day training opportunity is limited to a maximum of 36 participants. The training is approved for **9 DCDEE contact hour credits**. Day One kicks off with check-in at 9 AM, training from 10 AM to 4 PM, and ends with dinner and optional evening social. Day Two training begins at 9 AM and wraps up by 3:00 PM. **\$395 registration is ALL INCLUSIVE:** 2 days of training, training materials, 1 night private lodging at the newly renovated Kanuga Lake Inn, and all meals. Reduced rates are available to those wishing to share a room or commute to the training site.

November 5, 2018—7th Annual NCIMHA Conference and Annual Meeting--Early Childhood Mental Health is a multidisciplinary field inclusive of mental health professionals, early interventionists, early educators, parent educators, health professionals, and anyone who works to build the capacity of adults to provide safe, nurturing environments and relationships for children under 5. As our field evolves, we are exposed to concepts (e.g., Adverse Childhood Experiences/ Adverse Community Environments, Toxic Stress, Intergenerational and Historical Trauma) that expand our understanding of both the vulnerabilities and opportunities of the first 2000 days of life. Applying all of these big ideas to our work can be overwhelming but can also energize us to collaborate across sectors and disciplines to invent, and implement, wise actions. Participants in this year's conference will connect the dots between these concepts and learn strategies for building resilient communities that protect young children and families and promote healing and equity for all. Audience - Early childhood professionals working across a wide range of roles and settings to promote children's social and emotional well-being, including child protective services staff, child care workers, teachers, school administrators, early interventionists, special educators, psychologists, physicians, physician assistants, nurse practitioners, nurses, licensed professional counselors, marriage and family therapists, social workers, home visitors, health department staff and all others interested. Being held at Greensboro Marriott Downtown, Greensboro NC. Watch for details at: https://www.wakeahec.org/coursecatalog/casce_course_site_list.asp.

November 6, 2018—Parent Mentor Training—Family Support Network of Region A is seeking volunteer caregivers willing to offer support to other families who are raising a child with special needs. We are looking for both moms and dads. Minimum of 3 is needed to hold the training. This 2.5 hour workshop is being offered three times: 9 am – 11:30 am; 1:30 pm – 4 pm; or 6 pm – 8:30 pm. The workshops are being held at Sweet Thoughts located at 67 Bryson Ave, Bryson City. The training has changed, everyone is encourage to attend if you have not been trained in the past two years! RSVP by November 2, 2018. RSVP with time of workshop, name of attendee(s), and phone #. 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.

November 8, 2018—Jackson/Swain/Qualla Autism Chapter—Family Support Network of Region A Caregiver Group—Life with Autism. A parent’s perspective of living with an adult child with autism. 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.

November 14, 2018—Jackson County Family Support Network of Region A Caregiver Group—Vaya Health/Innovations Waiver Update—Join Jesse Smathers for an update on Vaya Health and Innovations Waiver. Starting at 6 pm 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.

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 Community Center located at 196 Knight St Robbinsville from 1 pm – 2:30 pm. RSVP by January 8, 2018 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 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.

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 Community Center located at 196 Knight St Robbinsville from 1 pm – 2:30 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.

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 Community Center located at 196 Knight St Robbinsville from 1 pm – 2:30 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.

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.