

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 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 last Monday of the month except July and August from 6 pm – 7:30 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Please check the Facebook page or send an email for location information. For planning purposes, an RSVP is requested however not required to rutherford@autismsociety-nc.org or <https://www.facebook.com/groups/asnc.rutherford/>.

First Tuesday of each month—Madison County Chapter of the Autism Society of NC meeting. Group meets first Tuesday of each month from 4 – 5:30 pm at Madison Middle School located at 95 Upper Brush Creek Rd, Marshall. 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 madisonchapter@autismsociety-nc.org or <https://www.facebook.com/groups/asnc.madison/>.

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.

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. August through May. RSVP required. For more information contact Jody at jmiller@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 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 jmiller@regionakids.org or 828-506-6111.

First Saturday of each month—Macon County Chapter of the Autism Society of NC meeting. Group meets the first Saturday of each month 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 or <https://www.facebook.com/groups/asnc.macon/>

Second Tuesday of each month—Cherokee County Chapter of the Autism Society of NC meeting. Group meets the second Tuesday of each month from 6 – 7:30 pm at Kids in Stride located at 2810 Us64, Suite 2, Murphy. Provides a place for families of children and adults with autism to meet, share, and learn about autism. For planning purposes, an RSVP is required but not required to hbridges@autismsociety-nc.org or <https://www.facebook.com/groups/asnc.cherokee/>

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 May. RSVP encouraged. For more information contact Jody at jmiller@regionakids.org or 828-506-6111 or <http://www.facebook.com/groups/asnc.jackson.swain.qb>

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 Kim Crawford for more information.

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. For more information contact Jody at jmiller@regionakids.org or 828-506-6111.

Third Tuesday of each month—Haywood County Chapter of the Autism Society of NC meeting. Group meets third Tuesday of each month 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 or <http://www.facebook.com/groups/asnc.haywood>

Third Thursday of each month—Buncombe County Chapter of the Autism Society of NC meeting. Group meets third Thursday of the month from 6:30 pm – 8 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at First Baptist Church located at 5 Oak St, Asheville. For planning purposes, an RSVP is requested but not required to buncombechapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.buncombe>

Third Friday of each month—Moms' Connection—Meets at Good Shepherd Episcopal Church located at 495 Herbert Hills Dr, Hayesville from 10 am to 12 pm. Offers support, fellowship and fun for moms of kids 0-5 years. Free childcare. For more information contact Susan Gray at 828-361-7175. Visit the Facebook page at [momsconnectionhayesville](http://momsconnectionhayesville.com).

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 contact Jody Miller at jmiller@rapc.org.

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.

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 4, 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 Clay Senior Center located at 196 Ritter Road,

Hayesville from 10:30 am – 11:30 am. For more information contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.com.

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 9, 2019—I'm Covered Up: What You Need to Know about Hoarding—12:30 pm to 1:30 pm. Free “I’m covered up” is not just about the physical retention of things but more importantly, the emotional components that won’t allow release. This presentation examines causes, symptoms, and adaptive treatment and care methods for those dealing with hoarding behavior. A focus is placed on the aged population. Held at Cashiers Senior Center located at 217 Frank Allen Road, Cashiers. For more information please contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.com.

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 11, 2019—A Rainbow of Mental Health: An Introduction—10:30 am to 11:30 am. An introductory course designed to support an understanding of the most commonly diagnosed mental health related conditions in the aged population. This curriculum takes a person-centered approach to understanding classifications and care delivery. Being held at J Robert Penland Senior Center located at 69 Alpine St, Murphy. For more information contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.com.

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/westernregionalrecoveryrally. For general information contact Daniel Reece at 828-734-0509 or reececup1986T@aol.com. For information about setting up a table for you organization contact Stephanie Almeida at 828-349-0036 or preventionrocks@gmail.com.

September 16, 2019—Enhancing Mental Health with Alternative Treatments—10 am to 12 pm. This course is designed both for the care provider and the care recipient. It strategically looks at alternative treatment/practice modalities and their impact on mental health. Many of the “outside of the box” interventions can be incorporated into the life of the individual managing a mental illness and/or their caregiver in effort to create balance, stability and a reduction in stress and its’ maladaptive impact on function. The approaches are also applicable to preventing crisis or de-escalating from it if encountered. Held at Jackson County Senior Center located at 100 County Services Park Drive, Sylva. For more information contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.com

September 17, 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.

September 17, 2019—A Rainbow of Mental Health: An Introduction—10:30 am to 11:30 am. An introductory course designed to support an understanding of the most commonly diagnosed mental health related conditions in the aged population. This curriculum takes a person-centered approach to understanding classifications and care delivery. Being held at John Welch Senior Center located at 302 Airport Road, Marble. For more information contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.com.

September 18, 2019—Posttraumatic Stress Disorder: Invisible Scars—9:30 am to 11 am. This presentation explores relevant information pertinent to traumatic events and experiences. Through classroom conversation and exercises, participants learn ways to support individuals who may have experienced a traumatic event; which may lead to Post Traumatic Stress Disorder. Resiliency methods will be employed as methods to treat and heal the invisible scars. Held at Canton Senior Center located at 1 Pigeon Street, Canton. For more information contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.com.

September 19, 2019—Substance Use, Misuse and the Opioid Crisis—10 am to 11 am. 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 Maggie Valley Nutrition Site located at 3987 Soco Road,

Maggie Valley. For more information contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.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 23, 2019—Substance Use, Misuse and the Opioid Crisis—10:30 am to 11:30 am. 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 Andrews Nutrition Site located at 54 Park Street, Andrews. For more information contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.com.

September 23, 2019—High Country Chapter of the Autism Society of NC. Hosting an IEP Process workshop at Tyson Chicken plant on Sept. 23rd at 5:30 pm. Please follow the group on Facebook and email for further events at highcountrychapter@autismsociety-nc.org or <https://www.facebook.com/groups/asnc.highcountry/>

September 24, 2019—I'm Covered Up: What You Need to Know about Hoarding—9:30 am to 10:30 am. Free “I’m covered up” is not just about the physical retention of things but more importantly, the emotional components that won’t allow release. This presentation examines causes, symptoms, and adaptive treatment and care methods for those dealing with hoarding behavior. A focus is placed on the aged population. Held at Waynesville Nutrition Site located at 44 Boundary Street, Waynesville. For more information please contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.com.

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.

September 26, 2019—Depression: From Surviving to Thriving—10:30 am -to 11:30 am. Depressive symptoms often present themselves through feelings of isolation, hopelessness, and despair. In this course, we examine different types, common causes, symptoms and treatment methods for depression focusing on moving from a place of simply surviving to one of thriving. Held at Graham Senior Center located at 185 West Fort Hill, Robbinsville. For more information please contact Leslie Lawson at 828-759-2160 or leslie.lawson@vayahealth.com.

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 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 27, 2019—Fetal Alcohol Spectrum Disorders Building Understanding and Coalitions—NCFASD Informed, Inc. is hosting a conference for the legal community, Department of Social Services social workers, parents, and others on Friday, September 27, 2019 in Raleigh. Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term that indicates the effects of prenatal exposure to alcohol. This exposure results in a brain based developmental disability that has significant, lifetime impact on the individual's functioning and ability to make decisions and navigate life successfully. You might ask why should I attend this conference? The statistics are compelling: up to 1 in 20 first graders in the US have a diagnosis that falls under the umbrella term of Fetal Alcohol Spectrum Disorder (Philip May, UNC, 2018); youth with FASD are estimated to be 19 times more likely to be incarcerated than youth without FASD in a given year*; gullibility, confabulation, and false confessions lead to the estimation that 50% of those incarcerated have an FASD*; the prevalence of FASD among children in foster care is 32 times higher than in the general population; and, approximately 90% of children and adults with an FASD are either not diagnosed or have been misdiagnosed, as the disorder is often mistaken for diagnoses such as attention deficit/hyperactivity disorder, oppositional defiant disorder, conduct disorder, etc. Free. * ABA resolution, 2012: The essential focus of this Resolution is to encourage: improvement in the civil, juvenile, and criminal legal representation for persons with FASD; increased access to FASD expert screening and assessment; attention to the over-abundance of FASD-affected persons in foster care, juvenile delinquency cases, adult criminal proceedings, and correctional facilities; and the use of FASD knowledge in court for the mitigation of sentencing and alternatives to incarceration and execution, including therapy and comprehensive services to rehabilitate and reduce recidivism. Being held at Double Tree by Hilton-Brownstone-University at 1707 Hillsborough Street, Raleigh. To register follow this link: https://www.ncfasdinformed.org/index.php?option=com_foxcontact&view=foxcontact&Itemid=314

October 5, 2019—9th Annual WNC Transition to Adulthood Conference—Mission Family Support Network presents the 9th Annual conference on Transition to Adulthood for all WNC youth and young adults with disabilities. Youth will be empowered to recognize their talents, strengths, and voice and have equal access to resources that promote full participation in the communities of their choice, successfully transitioning to the role of productive, participating adult citizens. SimplyHome's Director of Education, Cameron Kempson, will be presenting at this conference. The conference will take place at the Mission AB Tech Conference Center. You can learn more by reaching out to Kerri Eaker at Kerri.Eaker@HCAHealthcare.com or going to the Family Support Network homepage.

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.

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 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.