

REGIONAL RESOURCES AND SUPPORT

These are not hosted/sponsored by RAPC or Family Support Network

Hope4NC

North Carolina's crisis counseling program mobilized to help communities as they recover from the devastating impacts of Hurricane Helene through:

- Individual Crisis Outreach and Support
- Group Crisis Outreach
- Public Education
- Community Networking and Support
- Assessment, Referral, and Resource Connections

The Hope4NC Helpline has been activated and is free, confidential, and available 24/7. Call 1-855-587-3463.

Crisis Counselors at LMEs/MCOs are covering the affected counties to

- offer emotional and educational support to disaster survivors experiencing stress, emotional fatigue, a mental health crisis, or just need to talk
- link survivors with resources to aid them with their recovery and rebuilding plans
- assist with disaster preparedness

Vaya Health and Partners Health are expanding their referral and support networks and want to work with organizations serving older adults, children and youth, people with disabilities, people with a history of substance use or mental health conditions, tribal populations, first responders, people with limited English proficiency, and others.

For more information on Hope4NC or to connect with local LMEs, contact Fiorella Horna, Special Populations Program Manager via email at fiorella.horna@dhhs.nc.gov

Mother's Connection

Every Wednesday | 9 am to 11 am | Harris Region Hospital | 51 Eastgate Dr, Sylva

New Generations Family Birthing Center at Harris Regional Hospital

Mothers and their new babies, from birth through crawling stage, are invited to join this popular class. Mothers share their joys, frustrations, questions, and concerns as they make new friendships and receive positive support for their role as a mother.

To register for or for more information call 828-586-7907.

Western NC Support Group Meeting

2nd Monday of Each Month | 12 pm – 1 pm | Virtual

This support meeting is geared for families in western NC who have a loved one with autism. Folks join to share experiences, challenges and successes. We discuss what resources are helping and what needs there are.

You are invited to a Zoom meeting, please register in advance for this meeting:
us06web.zoom.us/meeting/register/tZlkfu-prDstHNxuws4BOBPZye1lpNISJXmj

After registering, you will receive a confirmation email containing information about joining the meeting. Please contact Meleah Lowe, ASNC Support Groups Specialist at mlope@autismsociety-nc.org if you have questions about this virtual support group meeting for the western NC region.

Grief Support Group

2nd Tuesday of Each Month | 6:30 pm | Harris Regional Health and Fitness Center | 7 Leroy George Dr, Clyde

For individuals who have lost a loved one to the drug crisis--

Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support?

We are *The SHARE Project*, and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that WE DO UNDERSTAND and YOU ARE NOT ALONE!

Due to COVID-19 closings, please check our website for time and location.

<https://www.theshareproject.org/events/>.

Outreach Support Group

3rd Tuesday of Each Month | 6:30 pm | Harris Regional Health and Fitness Center | 7 Leroy George Dr, Clyde

Outreach Support Group—

For individuals who have a loved one suffering from addiction--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach, and support?

We are *The SHARE Project*, and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that WE DO UNDERSTAND and YOU ARE NOT ALONE!

Due to COVID-19 closings, please check our website for time and location.

<https://theshareproject.org/upcoming-events/>

Haywood County Support Group of Autism Society of NC

2nd Tuesday of each month | 6 pm

The Chapter provides support to local individuals with autism and their families. The Haywood County Chapter has many Virtual events organized and posted on the Chapter Facebook page on a regular basis. Please refer to the Haywood County Chapter Facebook page for news and Virtual events as well as to the Autism Society of North Carolina calendar found at www.autismsociety-nc.org or haywoodchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.haywood>. All meetings that do occur will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org along with the updated times

On Track WNC Educational Classes

Our classes are offered in-person, via Zoom, and on-demand. Our in-person classes are provided at our office, located at: [50 South French Broad Avenue, Suite 227, Asheville NC, 28801](#)

To stay up-to-date with our current offerings join our e-news mailing list.

Live Zoom & In-Person Class Offerings

We'd love to see you! Click on the class name below to see available dates & register.

Money Visioning & Goal Setting Workshop

Envision resilience and identify habits that encourage financial wellness in this interactive and fun workshop. This is a shame-free space to set your money intentions!

- When: Multiple classes held every month
- Where: In-Person
- How Long: 1.5 hours

- Cost: FREE

First Time Homebuyer Workshop

Are you considering buying your first home within the next couple of years? Are you participating in a homebuyer program that requires a homebuyer education certificate? This is THE workshop for you!

- When: One Saturday per month
- Where: In-Person
- How long: 7 hours
- Cost: \$75 (covers registration, snacks, and materials)

Self-Paced, On-Demand Classes

These classes are pre-recorded. Complete them at your own pace.

Money Foundations

- Learning the foundations of basic money management helps us better understand our financial goals and habits. This class covers best practices, from budgeting to spend and saving to survive surprise expenses.
- FREE

Credit: How to Build and Repair Your Credit Score

- What is credit? Why is it important? Learn about ways to build your credit score from the ground up or improve it to reach your financial goals.
- FREE

Homebuyer Education

- Explore the process of buying a home, from the early planning stages through closing. Offered through eHome America. Takes approximately 8 hours.
- \$100 (per household)

Homebuyer Education - WNC Local Supplement

- Learn about various steps in the Homebuying process from our expert guest speakers including lenders, a home inspector, a real estate attorney, and a downpayment assistance specialist. Takes approximately 1.5 hours.
- FREE

Debt Payment During Uncertain Times

- Financial uncertainty calls for a new approach to managing money and debts. We'll discuss how to use different debt repayment strategies and hardship options.
- FREE

Exceptional Children's Assistance Center

The Exceptional Children's Assistance Center (ECAC) provides resources and assists families navigate the special education system, know their rights, and use their voice.

We provide information, support, training and resources to assist families caring for children with special needs from birth to age 26. We also support young adults with disabilities in becoming self-advocates and leaders and the educators and professionals who serve them. As parents of special needs children, we understand.

ECAC's Parent Educators are parents of children with special needs. We approach this work with practical knowledge and personal experience. We know that families are their child's first and most influential teacher. We assist families in also becoming their child's best advocate in school, the community and in life.

Visit the website to learn more about ECAC, the support and resources offered as well as the workshops offered. <https://www.ecac-parentcenter.org/>.

After the Diagnosis: Helping the Older Child Navigate the Journey

March 04, 2025 | 12 pm | Virtual

This webinar is intended for parents whose children were diagnosed with autism after the age of eight.

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.

To register, please email Nancy Popkin at npopkin@autismsociety-nc.org.

Free Self-Paced Online Course: WAZE to Adulthood, Parent & Professional Training

March 10, 2025 to April 7, 2025

WAZE to Adulthood – Parent & Professional Training

“Pathway to Success: Independent Living”

A self-paced online course for North Carolina parents and professionals

When it comes to planning for life after high school, it is important to think about working, learning, and living in our communities. These topics all play a part in the various paths a person may choose to take in pursuing their independent living goals.

REGISTER HERE: <https://tinyurl.com/4r77y9ac>

Enriching Mental Health with Complementary Treatments: Part 1 (Color, Music, & Nutrition)

March 11, 2025 | 1:00 pm – 2:00 pm | Haywood County Public Library-Canton Branch | 11 Pennsylvania Ave, Canton

This is a free, in-person event facilitated by the Vaya Health Geriatric Team.

Contact Hours are provided through NC Department of Health and Human Services.

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction.

The main topics of this course will be Color, Music, and Nutrition.

If you would like to attend this event, please click button below that says “Going” and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter.

Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-1-color-music-amp-nutrition-wgamhst-3-11-25/> or call Haywood County Public Library: Canton Branch at (828) 648-2924.

Enriching Mental Health with Complementary Treatments Part 1 (Color, Music, and Nutrition)

March 11 | 1:30 pm – 2:30 pm | Macon County Public Library | 149 Siler Farm Rd, Franklin

This is a free, in-person event facilitated by the Vaya Health Geriatric Team.

Contact Hours are provided through NC Department of Health and Human Services.

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction.

The main topics of this course will be Color, Music, and Nutrition.

If you would like to attend this event, please click button below that says “Going” and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter.

Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-1-color-music-and-nutrition-wgamhst-3-11-2025/> or call Macon County Public Library at (828) 524-3600.

Innovations Stakeholder/Employer of Record (EOR) Virtual Quarterly Meeting

March 12 | 12:00 pm – 1:00 pm | Virtual

Connect with Microsoft Teams by computer, mobile app, or telephone. Link for computer or mobile app: tinyurl.com/2025InnovationsMeeting Call-in number for audio only: 1-828-552-4129, conference ID: 459 354 049# Questions may be typed into the chat box during the meeting or submitted before the meeting by email to innovations.stakeholder@vayahealth.com.

We look forward to connecting with you soon! [Click to join the Innovations Stakeholder email group.](#)

Child and Family Team 1 Revised Training (CFT)

March 13 at 9:00 am – March 14 at 4:00 pm | Virtual

This free, virtual 2-day course provides 11 contact hours of training related to System of Care and the CFT process; gives parents, caregivers, and professionals an overview of CFT meetings from the family's perspective; and teaches strategies and facilitation skills to support youth and families.

To receive credit for the training, participants must attend both full days and have their cameras on with audio capability.

Preference will be given to members/recipients and providers in the Vaya region. Only three individuals from each provider organization may register. Attendance is capped at 28 attendees. Participants will receive a link to the training a few days before the event.

If you have questions, email provider.training@vayahealth.com.

REGISTER HERE: <https://www.vayahealth.com/event/child-and-family-team-1-revised-training-cft/>

PTSD: Healing the Emotional Wound

March 14 | 10:00 am – 11:00 am | Virtual

When trauma occurs, it can have lasting effects on the person who experiences it and their caregiver.

This presentation defines PTSD (Post-Traumatic Stress Disorder) and reviews the impact of trauma. Highlighted are treatment options and self-care strategies related to older adults.

This is a free virtual event facilitated by the Vaya Health GERO team.

CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided.

Please RSVP here to attend webinar-- <https://www.vayahealth.com/event/webinar-ptsd-healing-the-emotional-wound/>

When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter.

You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

Hoarding Disorder: Hidden Secrets

March 14 | 11:15 am – 12:15 pm | Virtual

Have you ever had a secret you were too embarrassed to share? Those who hoard may not disclose symptoms due to potential embarrassment, judgment, and ridicule.

This presentation will explore causes, symptoms, treatment, and care methods for those managing this condition. The focus is on the aging population.

This is a free, virtual event facilitated by the Vaya Health GERO team.

CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided.

Please RSVP here to attend webinar-- <https://www.vayahealth.com/event/webinar-hoarding-disorder-hidden-secrets-egamhst/> When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

Enriching Mental Health with Complementary Treatments:

Part 1 (Color, Music, & Nutrition)

March 17 | 10:30 am – 11:30 am | Jackson County Senior Center | 100 County Services Park Dr, Sylva

This is a free in-person event facilitated by the Vaya Health Geriatric Team.

Contact Hours are provided through NC Department of Health and Human Services.

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction.

The main topics of this course will be Color, Music, and Nutrition.

If you would like to attend this event, please click button below that says “Going” and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter.

Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-1-color-music-amp-nutrition-wgamhst-3-17-25/> or call Jackson County Senior Center at (828)586-5494.

Antipsychotics: Indications, Risks and Challenges

March 17 | 1:00 pm – 2:00 pm | Virtual Event

This is a free virtual event facilitated by the Vaya Health Geriatric team.

Contact Hours are provided through NC Department of Health and Human Services.

The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals.

This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic.

An email with an evaluation will be sent to you following the event. This must be filled out and returned before Contact Hours will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter.

REGISTER HERE: <https://www.vayahealth.com/event/webinar-antipsychotics-indications-risks-and-challenges-wgamhst/> then please click button below that says “Going” and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event. We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 745 922 56#

Understanding Schizophrenia and Psychosis

March 18 | 1:00 pm – 2:00 pm | Virtual

This is a free virtual event facilitated by the Vaya Health Geriatric team.

Contact Hours are provided through NC Department of Health and Human Services.

People living with schizophrenia and other psychotic disorders have been misunderstood throughout history. In this presentation, the focus is on the manifestation of symptoms, causality, and risk factors.

We'll also explore ways to support and treat an individual experiencing psychosis.

An email with an evaluation will be sent to you following the event. This must be filled out and returned before Contact Hours will be sent out. Please RSVP below to attend. When you RSVP you will receive a confirmation email. This email may go to your spam filter.

If you would like to attend this event, please follow this link:

<https://www.vayahealth.com/event/webinar-understanding-schizophrenia-and-psychosis-wgamhst/> then click button below that says "Going" and complete the form. After you RSVP you can come back to this page to click on the attendee link to attend this event.

We also have the option of calling in to attend event. Phone number is: 828-552-4129 and the code is 220 282 553#

PTSD: Healing the Emotional Wound

March 18 | 1:30 pm – 2:30 pm | Virtual

When trauma occurs, it can have lasting effects on the person who experiences it and their caregiver.

This presentation defines PTSD (Post-Traumatic Stress Disorder) and reviews the impact of trauma. Highlighted are treatment options and self-care strategies related to older adults.

This is a free virtual event facilitated by the Vaya Health GERO team.

CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided.

Please follow this link <https://www.vayahealth.com/event/webinar-ptsd-healing-the-emotional-wound-egamhst/> then RSVP below to attend webinar. When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

Hoarding Disorder: Hidden Secrets

March 18 | 2:45 pm – 3:45 pm | Virtual

Have you ever had a secret you were too embarrassed to share? Those who hoard may not disclose symptoms due to potential embarrassment, judgment, and ridicule.

This presentation will explore causes, symptoms, treatment, and care methods for those managing this condition. The focus is on the aging population.

This is a free virtual event facilitated by the Vaya Health GERO team.

CEU's are provided through NC Department of Health and Human Services. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CEU's are provided.

Please follow this link <https://www.vayahealth.com/event/webinar-hoarding-disorder-hidden-secrets-egamhst-2/> then RSVP below to attend webinar. When you RSVP you will receive a confirmation email from Word Press which will include the link to join. This email may go to your spam filter. You will also receive an email the day before the webinar from a team member to confirm your registration. This email will also include the link to join, call-in option information, and webinar handouts. This is to ensure that you have access to the webinar in the event you cannot locate the original email from Word Press.

Question, Persuade, Refer: Suicide Prevention

March 20 | 10:00 am – 12:00 pm

Question, Persuade, Refer is an emergency response to someone in crisis.

In this training, you'll learn: How to refer an individual to the right resource; How to ask the right questions about suicide; and How to persuade a person to get help. Trainers: Thelma Horton and Beth Pfister. Microsoft Teams link will be emailed out a few days prior to the training. Only one seat was available. Register at this link <https://www.vayahealth.com/event/question-persuade-refer-suicide-prevention-4/>.

Enriching Mental Health with Complementary Treatments:

Part 1 (Color, Music, & Nutrition)

March 25 | 1:00 pm – 2:00 pm | Graham County Public Library | 80 Knight St, Robbinsville

This is a free in-person event facilitated by the Vaya Health Geriatric Team.

Contact Hours are provided through NC Department of Health and Human Services.

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction.

The main topics of this course will be Color, Music, and Nutrition.

If you would like to attend this event, please click button below that says “Going” and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter.

Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-1-color-music-amp-nutrition-wgamhst-3-25-25/> or call Graham County Public Library at (828) 479-8796.

Facing the Emotional Challenges of Chronic Illness

March 25 | 1:30 pm – 2:30 pm | Jackson County Public Library | 310 Keener St, Sylva

This is a free in-person event facilitated by the Vaya Health Geriatric Team.

Contact Hours are provided through NC Department of Health and Human Services.

Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes.

If you would like to attend this event, please click button below that says “Going” and complete the form. After you RSVP, you will receive a confirmation email from WordPress. This email may go to your spam filter.

Registration Required: Please register here <https://www.vayahealth.com/event/facing-the-emotional-challenges-of-chronic-illness-wgamhst-3-25-25/> or call Jackson County Public Library at (828)586-2016.