

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 & 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

Resources for Resilience Listening Circles

Resources for Resilience Listening Circles are an online forum where parents, caregivers, teachers, and school staff can connect with each other and talk about what is stressful for them right now. Our trained facilitators then offer concrete tools designed to help them de-stress and highlight what is getting them through this time of individual and community difficulty.

Beginning October 5, Listening Circles will be available throughout the day, Monday through Friday. Participants are welcome to drop in on any day or at any time, and they

may participate as often as they would like. There is no registration required nor is there a pre-requisite to attend. To access the full fall calendar, including links to each Zoom session, please visit <http://tiny.cc/RFRCalendar>.

Resources for Resilience will be hosting distinct Black-Led Listening Circles, exclusively for Black and African-American community members on:

Mondays from 6:00-7:00 pm and Wednesdays from 7:00-8:00 pm (from October 5th through December 16th (excluding the week of Thanksgiving.)

RFR will be hosting Spanish-Language Listening Circles for Spanish-speaking participants on:

December 2nd 12:30-1:30 pm

December 7th 6:00-7:00 pm

Our Listening Circles are intended to promote compassion, connection, healing, and resilience in ourselves and our communities. All other Listening Circle days and times are open to everyone (all staff, parents, and caregivers; BIPOC, white, non-white.)

On Track WNC Educational Classes

OnTrack provides financial education and classes for anyone living in WNC. Classes are offered through Zoom, in-person, and on-demand to meet people's schedules and locations. In-Person classes are provided at OnTrack WNC's Education Center at 50. S French Broad Ave at the United Way Building in downtown Asheville. Zoom classes are offered live and can be accessed by computer, tablet or phone. On-demand classes are pre-recorded and can be completed at your pace at any time.

To stay up-to-date with our current offerings,

In-Person Classes at OnTrack

Money Visioning & Goal Setting - In this interactive class, participants will gain a variety of tools to put their growing money dreams into action. After participating in this class, participants will be able to build a SMART money goal, understand external factors that impact our personal finances, and identify habits that encourage financial wellness. **Sign up now.**

Live, Interactive Online Classes

Money Visioning & Goal Setting - In this interactive class, participants will gain a variety of tools to put their growing money dreams into action. After participating in this class, participants will be able to build a SMART money goal, understand external factors that

impact our personal finances, and identify habits that encourage financial wellness. **Sign up now.**

Maneje Su Dinero – En esta clase interactiva, los participantes obtendrán una variedad de herramientas para poner en acción sus sueños con el de dinero. Después de participar en esta clase, los participantes podrán construir una meta de dinero SMART, entender los factores externos que afectan a nuestras finanzas personales, e identificar los hábitos que fomenten el bienestar financiero. **¡Inscríbete ya!**

Get to Know Us: OnTrack WNC Information Session – This 30-minute information session is a perfect introduction to OnTrack's general services. There will be an in-depth overview of our counseling, education, and special programs as well as time for general questions. **Sign up now!**

Self-Paced, On-Demand Classes

Start and stop these courses as needed for your schedule. They are available online, anywhere, at any time.

Money Foundations - During this self-paced, on-demand class, you will be introduced to the foundations of basic money management that will help to change your understanding of your personal financial life. This class will teach you how to:

- Create a realistic monthly budget.
- Save money regularly to pay for budget-busting expenses that always pop up (like getting new tires) and bigger savings goals like a family vacation.
- Build a personalized two-month emergency cash flow plan to make sure that you have the money on hand to pay your expenses and bills when they are due.
- Survive when you don't have enough money to cover expenses by following six important steps. **Sign up now.**

Credit: How to Build and Repair Your Credit Score - During this pre-recorded class, you will find out what credit is and why it's important, gain understanding about what affects your credit score, and learn of methods to build and repair your credit score. **Sign up now.**

Homebuyer Education - An online class through eHome America. This in-depth class explores the process of buying a home, from the early planning stages through closing. You will learn about the roles that the realtor, lender, inspector, and closing attorney play in the process. The course takes an average of 8 hours to complete but you can stop and start as you wish. \$100 per household. **Sign up now.**

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 Down Payment Assistance Specialist! This on-demand class takes about an hour and a half to complete. **Sign up now.**

Debt Payment During Uncertain Times - Financial uncertainty calls for a new approach to managing money and debts. In this pre-recorded class, we discuss how to use different debt repayment strategies when money is tight. We'll look at hardship options for different

types of debt (such as how to handle your car loan versus your credit card debt) and how to prioritize which debts to pay. **Sign up now.**

After the Diagnosis: Helping the Older Child Navigate the Journey

December 2, 2024 | 12 pm | Virtual

This virtual workshop is available statewide for parents whose children were diagnosed with autism after the age of 8. 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 for this webinar, please email Judy Smithmyer at jsmithmyer@autismsociety-nc.org.

The Many Uses of Antidepressant Medications

December 3, 2024 | 10 am to 11 am | Virtual

This is a free virtual event facilitated by the Vaya Health Geriatric team. CE's are provided through NC Department of Health and Human Services. Antidepressants treat depression, but did you realize there are other uses for this medication? This course will examine the traditional use of antidepressant medications, potential side effects, and administration protocols. Off-label possibilities are also considered with a focus on the older population. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CE's 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-the-many-uses-of-antidepressant-medications-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 896 080 627#

Navigating Your Pathways: Unlocking Support Systems for Individuals with I/DD and Their Families

December 3, 2024 | 7 pm to 8:30 pm | Virtual

This presentation provides an overview of the Meet the Need NC movement aimed at supporting individuals with intellectual and developmental disabilities (I/DD) and their families. Attendees will learn about the Innovations Waiver, its significance, and the services it offers. Other topics include the Innovations Waiver Waiting List, Medicaid, Tailored Care Management, and 1915(i). Key tools, including the Innovations Waiver Pathway and Tip Sheet, will be introduced to help navigate support systems for families. The session will also address common myths, highlight ongoing community engagement, and outline future initiatives. Join us to empower individuals, families, and advocates with essential knowledge and resources for supporting individuals with I/DD throughout their lifespans.

Presented by: Beth Field, M.S., Founder, Leadership Alliance for Neurodevelopmental Disabilities (LAND), a program of MHTA; Stacy Morgan, Executive Director, Mental Health Transformation Alliance (MHTA); Cheryl Powell, Self Advocate Co-Chair, Lived Experience Network Speaks (LENS), Meet The Need NC; and Lisa Sullivan, Family Advocate

Esta presentación ofrece una visión general del movimiento Meet the Need NC, enfocado en apoyar a personas con discapacidades intelectuales y del desarrollo (I/DD) y a sus familias. Los asistentes aprenderán sobre el Innovations Waiver, su importancia y los servicios que ofrece. Otros temas incluyen la Lista de Espera del Innovations Waiver, Medicaid, el Manejo de Cuidado Personalizado (Tailored Care Management) y 1915(i). Se presentarán herramientas clave, como el Innovations Waiver Pathway y la Hoja de Consejos, para ayudar a las familias a navegar por los sistemas de apoyo.

La sesión también abordará mitos comunes, destacará la participación comunitaria en curso y delineará iniciativas futuras. Únase a nosotros para empoderar a individuos, familias y defensores con conocimientos y recursos esenciales para apoyar a personas con I/DD a lo largo de sus vidas.

Follow this link to register:

https://us02web.zoom.us/webinar/register/4817301416932/WN_5aNhnXb9SCy7haMAux8qDg#/registration.

Enriching Mental Health with Complementary Treatments Part 4

December 5, 2024 | 1 pm to 2 pm | Virtual

This is a free virtual event facilitated by the Vaya Health Geriatric team. CE's 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 will be Animal-Assisted Therapy, Art, and Laughter. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CE's 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-enriching-mental-health-with-complementary-treatments-part-4-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 906 528 162#

Enriching Mental Health with Complementary Treatments Part 4 (Animal-Assisted Therapy, Art, and Laughter)

December 10, 2024 | 1:30 pm to 2:30 pm | Macon County Public Library | 149 Siler Farm Rd, Franklin

This is a free in-person event at Macon County Public Library, facilitated by the Vaya Health Geriatric Team. CE's 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 Animal-Assisted Therapy, Art, and Laughter. 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-4-animal-assisted-therapy-art-and-laughter-wgamhst/> or call Macon County Public Library at 828-524-3600.

Innovations Stakeholder/Employer of Record (EOR) Quarterly Meeting

December 11, 2024 | 12 pm to 1:30 pm | Virtual

Connect with Microsoft Teams by computer, mobile app, or telephone. Link for computer or mobile app: tinyurl.com/2024InnovationsMeeting 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.](#)

Navigating Your Pathways: Unlocking Support Systems for Individuals with I/DD and Their Families

December 12, 2024 | 12 pm to 1:30 pm | Virtual

This presentation provides an overview of the Meet the Need NC movement aimed at supporting individuals with intellectual and developmental disabilities (I/DD) and their families. Attendees will learn about the Innovations Waiver, its significance, and the services it offers. Other topics include the Innovations Waiver Waiting List, Medicaid, Tailored Care Management, and 1915(i). Key tools, including the Innovations Waiver Pathway and Tip Sheet, will be introduced to help navigate support systems for families. The session will also address common myths, highlight ongoing community engagement, and outline future initiatives. Join us to empower individuals, families, and advocates with

essential knowledge and resources for supporting individuals with I/DD throughout their lifespans.

Presented by: Beth Field, M.S., Founder, Leadership Alliance for Neurodevelopmental Disabilities (LAND), a program of MHTA; Stacy Morgan, Executive Director, Mental Health Transformation Alliance (MHTA); Cheryl Powell, Self Advocate Co-Chair, Lived Experience Network Speaks (LENS), Meet The Need NC; and Lisa Sullivan, Family Advocate

Follow this link to register:

https://us02web.zoom.us/webinar/register/1217301421762/WN_o4MjjTHgS7S17_7AHtbSxA#/registration.

Bipolar Disorder: Creating Balance

December 12, 2024 | 1:30 pm to 2:30 pm | Jackson County Public Library | 310 Keener St, Sylva

This is a free in-person event at Jackson County Public Library, facilitated by the Vaya Health Geriatric Team. CE's are provided through NC Department of Health and Human Services. Having extreme mood changes can have a significant impact on a person's ability to function in life. This cycle is difficult to stabilize without proper treatment. This course looks at the causes, symptoms, and current treatment options for the older adult. 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/bipolar-disorder-creating-balance-wgamhst-12-12-24/> or call Jackson County Public Library 828-586-2016.

Neurocognitive Disorders and the Basics of Dementia-Behavior Focus

December 13, 2024 | 10 am to 11 am | Virtual

A course designed to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery.

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 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-neurocognitive-disorders-and-the-basics-of-dementia-behavior-focus-egamhst/> 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 717 087 437#

Communication 101 – Focus on Dementia

December 13, 2024 | 11:15 am to 12:15 pm | Virtual

Communication is the string that ties us all together. If that string isn't strong enough or is broken, relationships tend to unravel. Effective communication cultivates strong relationships and supports one's voice being heard. This curriculum is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges. If you would like to attend this event, follow this link <https://www.vayahealth.com/event/webinar-communication-101-focus-on-dementia/> then click button below that says "Going" and complete the form.

Enriching Mental Health with Complementary Treatments Part 4

December 16, 2024 | 10 am to 11 am | Virtual

This is a free virtual event facilitated by the Vaya Health Geriatric team. CE's 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 will be Animal-Assisted Therapy, Art, and Laughter. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CE's 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-enriching-mental-health-with-complementary-treatments-part-4-wgamhst-2/> 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 235 069 781#

Enriching Mental Health with Complementary Treatments Part 4

December 16, 2024 | 10:30 am to 11:30 am | Jackson County Senior Center | 100 County Services Park Dr, Sylva

This is a free in-person event at Jackson County Senior Center, facilitated by the Vaya Health Geriatric Team. CE's 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 Animal-Assisted Therapy, Art, and Laughter. 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-4-animal-assisted-therapy-art-laughter-wgamhst/> or call Jackson County Senior Center at 828-586-5494.

The Many Uses of Antidepressant Medications

December 17, 2024 | 1 pm to 2 pm | Virtual

This is a free virtual event facilitated by the Vaya Health Geriatric team. CE's are provided through NC Department of Health and Human Services. Antidepressants treat depression, but did you realize there are other uses for this medication? This course will examine the traditional use of antidepressant medications, potential side effects, and administration protocols. Off-label possibilities are also considered with a focus on the older population. An email with an evaluation will be sent to you following the event. This must be filled out and returned before CE's 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-the-many-uses-of-antidepressant-medications-egamhst-2/> 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 476 061 277#

Communication 101—Dementia Focus

December 17, 2024 | 2:45 pm to 3:45 pm | Virtual

Communication is the string that ties us all together. If that string isn't strong enough or is broken, relationships tend to unravel. Effective communication cultivates strong relationships and supports one's voice being heard. This curriculum is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges. 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 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-communication-101-dementia-focus-egamhst-2/> 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 192 561 865#

Enriching Mental Health with Complementary Treatments Part 4 (Animal-Assisted Therapy, Art & Laughter)

December 19, 2024 | 1 pm to 2 pm | Graham County Public Library | 80 Knight St, Robbinsville

This is a free in-person event at Graham County Public Library, facilitated by the Vaya Health Geriatric Team. CE's 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 Animal-Assisted Therapy, Art, and Laughter. 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 you spam filter. Registration Required: Please register here <https://www.vayahealth.com/event/enriching-mental-health-with-complementary-treatments-part-4-animal-assisted-therapy-art-laughter-wgamhst-2/> or call Graham County Public Library 828-479-8796.