

COMMUNITY GROUPS/WORKSHOPS/MEETINGS

Due to the Pandemic, many groups are meeting virtually. Please reach out to the contact person to confirm and to receive an invite to join virtually.

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 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 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 Tuesday of each month—Jackson/Swain/Qualla Chapter of the Autism Society of NC—Family Support Network of Region A Caregiver Group Meeting. November's meeting will be starting at 6:00 PM at Swain County Administration Building, 50 Main St, Bryson City in conference rooms A/B. 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>

First Wednesday of each month—Cherokee County Caregiver Group Meeting. Starting at 9 AM 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. **September through May.** RSVP required. For more information contact Jody at jmiller@regionakids.org or 828-506-6111.

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 and Fourth Monday of the Month—Adoptive Parent Support Café “Support and Encouragement in the Parenting Journey”. 6 pm to 7 pm. This is an opportunity to join forces and learn with a unique group of like-minded adoptive parents, who want to share what they have learned and experienced, in every area of their parenting journey. Having the support and ideas from other focused and driven adoptive parents, allows us to see things differently, to get a new perspective on actions, get needed support, and helps everyone grow to a new level! Facilitated by Joe Barkowitz and Ron Stier. Together, we can learn from each other how to thrive, and not just survive, during difficult times. For virtual joining information send an email to Ron Stier at rwstier@chldrenshopealliance.org.

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/>

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—Grandparent/Caregiver Info/Support Group—Are you a grandparent or family caregiver of a child? Or children?? Do you sometimes wonder how many people are in the same boat? Do you ever think “Things have changed since I grew up” and feel you could use information and support?

Clay County Schools is offering an opportunity for caregivers to connect, identify helpful information/resources needed for grandparents/caregivers and for them to support each other. If interested in attending the Grandparent/Caregiver Info-Support Group please RSVP to Terri Hager, Outreach Worker for Clay County Schools at 828-389-8586 ext. 4225 or cell: 828-361-2776. Please leave a message. Childcare/snacks provided. Location is Hayesville Elementary School/Media Center from 3:30 – 4:45 pm. Park AFTER 3:20 at HES Parking Circle.

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, fun activities, parenting tips, friendship, encouragement and good adult conversation for all moms—moms, expectant moms, grandmothers, and caregivers. Children from 0-5 will join other children in the nursery with trained volunteers. Free childcare. For more information contact Susan Gray at 828-361-7175. Visit the Facebook page at [momsconnectionhayesville](https://www.facebook.com/momsconnectionhayesville).

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. Holidays and weather may cancel the meeting. 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.

A Monday of the Month—Macon County Support Group for Foster/Adoptive Caregivers—Meets from 6 pm – 8 pm at the Watauga Baptist Church located at 658 Watauga Church Rd, Franklin. Open to all foster/adoptive caregivers. Entrée is provided and attendees bring a covered dish to share. For more information and to find out what Monday the meeting for this month is going to be contact Stacey Messer at Macon DSS at 828-349-2124.

Each Monday--NCDHHS COVID-19 Update Call for Members, Families and Stakeholders 2 pm – 3 pm--Each Monday at 2:00 p.m. Toll-Free: 877-336-4441 Access Code: 9264293 The Division of MH/DD/SAS and

Division of Health Benefits (NC Medicaid) remain committed to working hard to assess service gaps, create and amend policies, and direct funding into service areas that will be impactful in preventing the interruption and delay of behavioral health and intellectual/developmental disability services during this challenging time. This weekly call is for consumers, family members, and community stakeholders ONLY. If you are a provider who joins the call, please allow consumers, family members, and community stakeholders to ask their questions. Provider questions will be answered during the regularly scheduled NC Providers call. As new information emerges and guidance is created to respond quickly and proactively to COVID-19, please continue to get up-to-date information at the NC DHHS COVID-19 webpage. Additional resources for submitting questions and requests for information: Send an email with your question or comment to: BHIDD.COVID.Qs@dhhs.nc.gov or visit the NC DHHS website and click on this link to submit BH and IDD questions via an online portal.

5 de agosto de 2020-- Como ayudar a mi hijo durante la pandemia del Coronavirus—6 pm to 7:30 pm-- Objetivos: áreas básicas de déficit de autismo: comunicación, interacción social, comportamiento y pensamiento/aprendizaje; estrategias básicas que se pueden implementar en el hogar, la escuela y los programas en la comunidad; recursos en la comunidad durante la pandemia de coronavirus, and, cómo los padres pueden ayudar a sus hijos en casa. Use este enlace para registrarse, <https://register.gotowebinar.com/register/1188840758406940684>.

August 6, 2020-- P&R de su Viaje en Carretera—7 pm – 8:30 pm-- Contestaremos a todas sus preguntas que hayan surgido durante el Viaje en Carretera en el IEP, relacionadas a: IEP; Servicios Relacionados; Servicios Compensatorios; Terapia; y, Clase General o Separada. For questions please contact Toni Stephens at tstephens@ecacmail.org. Register at <https://www.ecac-parentcenter.org/calendar/>.

August 20, 2020—How to Communicate so your kids will listen-- Virtual Training—6 pm to 6:30 pm. As a resource parent, if you would like to reach your potential, you must be intentional about personal growth and skill development. Our trainings are designed to help you apply simple strategies, so you can develop your skills, to become a more effective and fulfilled resource parent. You will learn how to build up your sense of purpose, as well as become more successful, in every area of your parenting life. So, plan to join Ron Stier and Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Register at www.childrenshopealliance.org/events/ or email rwstier@childrenshopealliance.org for more information.

26 de agosto de 2020--Autismo: Estrategias para el comportamiento difícil—6 pm to 7:30 pm--Objetivos: • Para revisar áreas centrales de déficit de autismo: la comunicación, la interacción social, el comportamiento y el pensamiento/aprendizaje • Para construir una mejor comprensión de que provoca el comportamiento retador basado en los déficits básicos • Ejemplos de estrategias y recursos en la comunidad. Use este enlace para registrarse, <https://register.gotowebinar.com/register/8817194157800380172>.

September 17, 2020—How to address behavioral problems before they happen--Virtual training—6 pm to 6:30 pm. As a resource parent, if you would like to reach your potential, you must be intentional about personal growth and skill development. Our trainings are designed to help you apply simple strategies, so you can develop your skills, to become a more effective and fulfilled resource parent. You will learn how to build up your sense of purpose, as well as become more successful, in every area of your parenting life. So, plan to join Ron Stier and Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Register at www.childrenshopealliance.org/events/ or email rwstier@childrenshopealliance.org for more information.

October 15, 2020—The most powerful maneuver to end arguing and avoid power struggles—virtual training--6 pm to 6:30 pm. As a resource parent, if you would like to reach your potential, you must be intentional about personal growth and skill development. Our trainings are designed to help you apply simple strategies, so you can develop your skills, to become a more effective and fulfilled resource parent. You will learn how to build up your sense of purpose, as well as become more successful, in every area of your parenting life. So, plan to join Ron Stier and Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Register at www.childrenshopealliance.org/events/ or email rwstier@childrenshopealliance.org for more information.

November 19, 2020—7 verified parenting stress busters—virtual training--6 pm to 6:30 pm. As a resource parent, if you would like to reach your potential, you must be intentional about personal growth and skill development. Our trainings are designed to help you apply simple strategies, so you can develop your skills, to become a more effective and fulfilled resource parent. You will learn how to build up your sense of purpose, as well as become more successful, in every area of your parenting life. So, plan to join Ron Stier and Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Register at www.childrenshopealliance.org/events/ or email rwstier@childrenshopealliance.org for more information.

December 17, 2020—Little known ways to help you child make better decisions—virtual training--6 pm to 6:30 pm. As a resource parent, if you would like to reach your potential, you must be intentional about personal growth and skill development. Our trainings are designed to help you apply simple strategies, so you can develop your skills, to become a more effective and fulfilled resource parent. You will learn how to build up your sense of purpose, as well as become more successful, in every area of your parenting life. So, plan to join Ron Stier and Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Register at www.childrenshopealliance.org/events/ or email rwstier@childrenshopealliance.org for more information.

Now Recruiting for Fall 202 Online. T-STEP Program—FREE intervention developed to support transition to employment and post secondary education for 16-21 year-olds with Autism Spectrum Disorder who will or have received the Future-Ready Core high school diploma. Covers several transition skills grouped into the intervention: goal setting skills, executive function skills, emotion regulation skills, and, social skills for college and work. For more information, contact the TSTEP team at 919-843-9505 or TSTEPinfo@med.unc.edu.