

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—Sober Mommies—Motherhood group meeting every Tuesday (except holidays) at 10 am at First United Methodist Church located at 566 S Haywood St, Waynesville. For more information, please contact Nicole Ross at 828-209-88220 or Nicole.ross@sobermommies.com.

Every Thursday—NAMI Connections. Starting at 7 PM 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.

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—Jackson/Swain/Qualla Chapter of the Autism Society of NC—Family Support Network of Region A Caregiver Cafe Meeting. Starting at 6 pm. ~~Held at Swain Middle School. Medica Center located at 135 Arlington Ave, Bryson City.~~ This group focuses on families raising a child with a special need. Conversations and information for families to work together through challenging times. Sharing information about “protective factors” that keep you family strong. **September through May.** During COVID pandemic, the meeting is virtual through the TEAMS platform. RSVP is required. For more information and the link to join, 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. Conversations and information for families to work together through challenging times. Sharing information about “protective factors” that keep you family strong. **September through May. September through May.** During COVID pandemic, meeting is virtual through the TEAMS platform. RSVP is required. For more information and the link to join, 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. Conversations and information for families to work together through challenging times. Sharing information about “protective factors” that keep you family strong. **September through May.** During the COVID pandemic, meeting is virtual through the TEAMS platform. RSVP is required. For more information and the link to join, contact Jody at jmiller@regionakids.org or 828-506-6111.

Second 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@childrenshopealliance.org.

Second Monday of each month—Haywood County Caregiver Group Meeting. Starting at 6 PM at the ~~Region A Partnership for Children's Waynesville office located at 367 Dellwood Rd, Waynesville.~~ This group focuses on families raising a child with a special need. Conversations and information for families to work together through challenging times. Sharing information about “protective factors” that keep you family strong. **September through May.** During the COVID pandemic, meeting is virtual through the TEAMS platform. RSVP is required. For more information and the link to join, contact Jody at jmiller@regionakids.org or 828-506-6111.

Second Tuesday of Each Month—Grief Support Group—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://theshareproject.org/upcoming-events/>

Third Tuesday of Each Month—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/>

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 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.

NAMI (National Alliance on Mental Illness) Affiliates are offering virtual NAMI programs. These include NAMI Family Support Groups—meetings of family members, caregivers, friends, and loved ones of individuals living with mental illness. Participants can talk frankly about their challenges and help on another through their learned wisdom; NAMI Connection Recovery Support Groups—peer-based mutual support groups that meet for 90 minutes of safe, confidential personal sharing in a flexible group setting. The groups are open to

any adult living with a mental illness and are designed to connect, encourage, and support participants using a structured support group model. The meetings are led by trained Support Group Facilitators living in recovery themselves; Support Group for Stress and Anxiety—open to both peers and family members and focuses primarily on stress, anxiety, and depression; Who Cares for the Caregivers?—trauma, anxiety, stress, and self-care support group for caregivers and friends of those with mental health conditions; Family-to-Family education program—a free, 8 session course taught by two trained volunteer teachers who themselves have a family member or loved one with a mental illness; NAMI Peer-to-Peer education program—free, 8 session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery; and, NAMI Basics education program—a free 6 week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed. You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care. For details on which affiliate and when the program is being offered click on this link for details and emails as you will need to register with that affiliate: <https://naminc.org/programs/virtual-programs/>.

Madison County Chapter of Autism Society of NC: Due to Covid-19, there are no in person meetings. The Chapter provides support to local individuals with autism and their families. All meetings that do occur will be Virtual and will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org madisonchapter@autismsociety-nc.org

Macon County Chapter of Autism Society of NC: Due to Covid-19, there are no in person meetings. The Chapter provides support to local individuals with autism and their families. There will be a Virtual meeting beginning in January of 2021. All meetings that do occur will be Virtual and will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org maconchapter@autismsociety-nc.org

Cherokee County Chapter of Autism Society of NC: There are no in person meetings due to Covid-19. The Chapter provides support to local individuals with autism and their families. There is a Virtual meeting scheduled on the Cherokee County Chapter of Autism Society Facebook page for December 17th at 6pm. All meetings that do occur will be posted on the Chapter page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org cherokeechapter@autismsociety-nc.org

Rutherford County Chapter of Autism Society of NC: There are no in person meetings due to Covid-19. The Chapter provides support to local individuals with autism and their families. The Rutherford Chapter has Virtual meetings planned the 3rd Monday of the month at 6pm. The Rutherford Chapter also has a weekly walking group and a monthly walking group. 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 rutherfordchapter@autismsociety-nc.org

Haywood County Chapter of Autism Society of NC: There are no in person meetings due to Covid-19. 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 haywoodchapter@autismsociety-nc.org

Buncombe County Chapter of Autism Society of NC: There are no in person meetings due to Covid-19. The Chapter provides support to local individuals with autism and their families. All meetings that do occur will be Virtual and will be posted on the Chapter Facebook page as well as the Autism Society of North Carolina calendar found at www.autismsociety-nc.org buncombechapter@autismsociety-nc.org

March 2, 2021—After the Diagnosis: Get Answers, Get Started, Get Going—Triad area families. 9:30 am. Learn how autism may affect your child. Learn about options that may help your child. Understand how to locate resources to support your family. To register for this online event, please email Judy Smithmyer at jsmithmyer@autismsociety-nc.org.

March 3, 2021 ONLINE Wellness Recovery Action Plan (WRAP) Workshop: 2-day @ 9:00 am – March 4 @ 3:00 pm This class will be conducted online, requiring Internet, video and audio connection. WRAP® is an evidence-based self-management and recovery system developed by a group of people with mental health difficulties who struggled to incorporate wellness tools and strategies into their lives. There is no cost to attend. Click to register for this class <https://conta.cc/3jnp8xi>. WRAP® is designed to: Decrease and prevent intrusive or troubling feelings and behaviors; Increase personal empowerment; Improve quality of life; and Assist people in achieving their life goals and dreams. What you'll learn: Five key recovery concepts; How to make your own Wellness Recovery Action Plan®; and How to use and share your plan. Who should attend? Individuals living with mental health, substance use and/or intellectual/ developmental disability issues and their loved ones who want to create positive change in the way they feel or increase their enjoyment in life. And individuals who want to increase their understanding of mental health recovery concepts, skills and strategies.

March 8, 2021—Parent Time Out: Me Time. 6:00 pm to 7:00 pm. Join us for “Parent Time Out – Me Time” designed for resource parents to take some down time. Hope to see you the second Monday of each month at 6 pm. Join from the meeting link: <https://childrenshopealliance.webex.com/childrenshopealliance/j.php?MTID=m6ded676f80563625307a347f9f46ca9c> Or join by meeting number: Meeting number (access code): 179 034 6746 Meeting password: X8xBr7UF2tg

March 8, 2021—CFAC Meeting (Lenoir area group)—Virtual—6:00 pm to 8:00 pm. Consumer and Family Advisory Committee meeting. Public comment at the beginning of the meeting. Email cfac@vayahealth.com for connection information.

March 9, 2021—QPR Online Training—9:00 am to 11:00 am. QPR prepares participants to question, persuade, and refer those struggling with thoughts of suicide to life-saving help. This 2-hour program teaches community members to recognize the warning signs of a suicidal crisis, offer hope, and encourage others to reach out to natural supports and professional care. QPR is applicable to anyone in the community who would like to help someone who is at risk for suicide. To register for this event, please contact Melissa Ledbetter at melissa.ledbetter@vayahealth.com.

March 9, 2021—CFAC Meeting (Sylva area group)—Virtual—6:00 pm to 8:00 pm. Consumer and Family Advisory Committee meeting. Public comment at the beginning of the meeting. Email cfac@vayahealth.com for connection information.

March 11, 2021—Family Reunification After Child Sexual Abuse—6 pm to 7 pm. Children’s Hope Alliance offers trainings for adoptive/foster parents the second Thursday of every month. 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 Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Training certificates will be offered to all participants. Go to CHA webpage: www.childrenshopealliance.org to join the training. Go to the

'events calendar', then click on 'join meeting', right before scheduled training session. Contact Joe Barkowitz at jmbarkowitz@childrenshopealliance.org for additional information.

March 15, 2021—Foster Parent Online Info Session. 6:00 pm to 8:00 pm. Join us for an online Information Session to learn more about becoming a foster or foster-to-adopt parent. Please register ahead of time in order to receive a meeting link and handouts via email on the day of the meeting. To register, please call or email Tomika Brooks at 919-500-9341 or TABrooks@childrenshopealliance.org.

March 15, 2021—CFAC Meeting (Asheville area group)—Virtual—6:00 pm to 8:00 pm. Consumer and Family Advisory Committee meeting. Public comment at the beginning of the meeting. Email cfac@vayahealth.com for connection information.

March 16, 2021—After the Diagnosis: Get Answers, Get Started, Get Going—Asheville area families. 10 am. Learn how autism may affect your child. Learn about options that may help your child. Understand how to locate resources to support your family. To register for this online event, please email Juliette Heim at jheim@autismsociety-nc.org.

March 16, 2021—CFAC Meeting (Boone area group)—Virtual—6:00 pm to 8:00 pm. Consumer and Family Advisory Committee meeting. Public comment at the beginning of the meeting. Email cfac@vayahealth.com for connection information.

March 16, 2021-- After the Diagnosis: Get Answers, Get Started, Get Going—Eastern NC Area. 6:30 pm. Please join ASNC Autism Resource Specialist Jolona Kinlaw for this free, informal workshop for parents and grandparents of children 8 years or younger recently diagnosed with Autism Spectrum Disorder. If your recently diagnosed child is older than 8, please [contact Jolona](#) to schedule a free appointment. Workshop objectives: to learn how autism may affect your child; to learn options that may help your child; and, to locate resources to support your family. To register for this online event, email Jolona Kinlaw at jkinlaw@autismsociety-nc.org.

Registration is full. March 18, 2021—Mental Health First Aid—9:00 am to 4:00 pm. Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This online training gives you skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use concern or crisis and help connect them to appropriate care. Mental Health First Aid covers ways to combat stigma, de-escalate a crisis, and how to reach out and support someone who may be having thoughts of suicide. Participants will be required to complete a 2 hour online self-study course prior to participating in the instructor led training. Cutoff for registration is February 25th. Follow this link to register and please fill out the registration form and purchase tickets <https://www.vayahealth.com/event/mental-health-first-aid-10/>. Cost is \$50. Limit to 20 seats.

March 18, 2021—After the Diagnosis: Helping Parents of Older Children Navigate the Journey—Charlotte Area. 3 pm. 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 Nancy Popkin at npopkin@autismsociety-nc.org.

March 18, 2021—After the Diagnosis: Helping Parents of Older Children Navigate the Journey. 1 pm. 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 Clute at jclute@autismsociety-nc.org.

March 22, 2021—After the Diagnosis: Helping Parents of Older Children Navigate the Journey. 1 pm.

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 Terry Fetzer at tfetzer@autismsociety-nc.org.

March 23, 2021—QPR Online Training—2:30 pm to 4:30 pm. QPR prepares participants to question, persuade, and refer those struggling with thoughts of suicide to life-saving help. This 2-hour program teaches community members to recognize the warning signs of a suicidal crisis, offer hope, and encourage others to reach out to natural supports and professional care. QPR is applicable to anyone in the community who would like to help someone who is at risk for suicide. To register for this event, please contact Melissa Ledbetter at melissa.ledbetter@vayahealth.com.

March 24, 2021 ONLINE Wellness Recovery Action Plan (WRAP) Workshop: 2-day @ 9:00 am – March 25 @ 3:00 pm This class will be conducted online, requiring Internet, video and audio connection. WRAP® is an evidence-based self-management and recovery system developed by a group of people with mental health difficulties who struggled to incorporate wellness tools and strategies into their lives. There is no cost to attend. Click to register for this class <https://conta.cc/3on37CH>. WRAP® is designed to: Decrease and prevent intrusive or troubling feelings and behaviors; Increase personal empowerment; Improve quality of life; and Assist people in achieving their life goals and dreams. What you'll learn: Five key recovery concepts; How to make your own Wellness Recovery Action Plan®; and How to use and share your plan. Who should attend? Individuals living with mental health, substance use and/or intellectual/ developmental disability issues and their loved ones who want to create positive change in the way they feel or increase their enjoyment in life. And individuals who want to increase their understanding of mental health recovery concepts, skills and strategies.

April 6, 2021—After the Diagnosis: Get Answers, Get Started, Get Going—Triad area families. 9:30 am. Learn how autism may affect your child. Learn about options that may help your child. Understand how to locate resources to support your family. To register for this online event, please email Judy Smithmyer at jsmithmyer@autismsociety-nc.org.

April 8, 2021—Post Adoption Training: I am going CRAZY! How do I parent my teenager? 6:00 pm to 7:00 pm Grow your Knowledge and strengthen your skills as a resource parent. 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 Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Join using this meeting link: <https://childrenshopealliance.webex.com/childrenshopealliance/j.php?MTID=m72134171f4593356cbd2aa6d655a8f75> Or, join by phone: (404) 397-1516 US. For additional information: Contact Joe Barkowitz via email at jbarkowitz@childrenshopealliance.org.

April 12, 2021—Parent Time Out: Me Time. 6:00 pm to 7:00 pm. Join us for “Parent Time Out – Me Time” designed for resource parents to take some down time. Hope to see you the second Monday of each month at 6 pm. Join from the meeting link: <https://childrenshopealliance.webex.com/childrenshopealliance/j.php?MTID=m6ded676f80563625307a347f9f46ca9c> Or join by meeting number: Meeting number (access code): 179 034 6746 Meeting password: X8xBr7UF2tg

April 13, 2021—QPR Online Training—9:00 am to 11:00 am. QPR prepares participants to question, persuade, and refer those struggling with thoughts of suicide to life-saving help. This 2-hour program teaches community members to recognize the warning signs of a suicidal crisis, offer hope, and encourage others to reach out to natural supports and professional care. QPR is applicable to anyone in the community who would like to help someone who is at risk for suicide. To register for this event, please contact Melissa Ledbetter at melissa.ledbetter@vayahealth.com.

April 13, 2021—After the Diagnosis: Helping Parents of Older Children Navigate the Journey. 4 pm. 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 Nancy Nestor at nnestor@autismsociety-nc.org.

April 15, 2021—After the Diagnosis: Helping Parents of Older Children Navigate the Journey—Charlotte Area. 3 pm. 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 Nancy Popkin at npopkin@autismsociety-nc.org.

April 14, 2021—Permanent Supportive Housing Online Training—8:30 am to 1:00 pm. This online training will support CST providers by improving their understanding and practice of the Permanent Supportive Housing model. This will be a 4 day training (April 14, 15 and 21, 22) broken down into 4 hour segments. Full attendance is required for all 4 days to receive credit. Please follow this link to register for this event-- <https://www.vayahealth.com/event/permanent-supportive-housing-online-training-3/2021-04-14/>. Cutoff date for registration is April 9th or earlier if 20 people register. Maximum registration is 20 people.

April 20, 2021—After the Diagnosis: Get Answers, Get Started, Get Going—Asheville area families. 10 am. Learn how autism may affect your child. Learn about options that may help your child. Understand how to locate resources to support your family. To register for this online event, please email Juliette Heim at jheim@autismsociety-nc.org.

April 20, 2021—After the Diagnosis: Get Answers, Get Started, Get Going—Triangle Area families. 2 pm. Online webinar for parents and grandparents of children 8 years or younger recently diagnosed with Autism Spectrum Disorder. 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. This webinar will be presented by a Raleigh Autism Resource Specialist of the Autism Society of North Carolina serving Wake County and the central NC counties (Chatham, Durham, Franklin, Granville, Johnston, Lee, Orange, Person, Vance, and Warren). To register for this online event, please email Nancy LaCross at nlacross@autismsociety-nc.org.

April 22, 2021-- After the Diagnosis—Eastern NC Area. 10 am. Learn how autism may affect your child. Learn about options that may help your child. Understand how to locate resources to support your family. To be registered for this event email Bobbi Wells at bwells@autismsociety-nc.org.

April 26, 2021—Staying Two Steps Ahead: Safety Considerations for Caregivers. 1 pm. This online workshop covers general community safety considerations for parents, family members, and community caregivers of children and adults with autism. This workshop is beneficial for full- or part-time caregivers regardless of the age of the individual they care for or where the individual is on the spectrum. How autism can affect safety, how to be proactive, and safety-related resources are discussed. Objectives: to understand how autism can affect the safety of an individual with autism; to learn how to be proactive in maintaining community safety for people with ASD; and, to become more aware of other resources related to community safety for people with ASD. For more information, please contact Terry Fetzer at tfetzer@autismsociety-nc.org.

Stressed? Need to talk? Call 24/7. Fear and anxiety about COVID-19 can be overwhelming for adults, youth and children. Everyone has different stress responses that may include: feeling alone; irritable or feeling out of sorts; head, stomach or body aches; changes in sleep or eating patterns; difficulty concentrating forgetful; fear for your own health; worried about the health of your family or friends; increased use of alcohol, tobacco, or other drugs; feeling stuck, no time for self-care; or looking for ideas to stay calm and healthy. Hope4NC Helpline 1-855-587-3463. Find hope. Find help.

Get the SCOOP for Stress

Strategies for Stress Management in Challenging Times

January - March 2021 | 6:00 - 8:00 pm

Now that 2021 is underway, it's more important now than ever to build resiliency skills in ourselves and help to foster those strategies in others. In the wake of COVID-19, social and political unrest, and other challenges we face in our day-to-day lives, it's important to know that we will get through this together. NCDHHS' Division of Mental Health, Developmental Disabilities, and Substance Abuse Services is pleased to share helpful strategies on managing stress now and beyond these challenging times we are living in. **Join the UNC-TV Live Stream Event on the Governor's Institute Facebook* Page at: [facebook.com/GovInst/](https://www.facebook.com/GovInst/)** and get the **#SCOOP4Stress** with the NC DHHS Stress Management Series. For more information, contact the Community Engagement & Empowerment Team at: CEandE.Staff@dhhs.nc.gov.

ECAC offers training for both families and professionals. All of our training and activities are available free of charge to families. We offer trainings on a variety of topics and can customize our workshops to match the needs of the audience. Excellent ways to learn new information and tune up your skills. For a list of scheduled trainings and topics click on this link <https://www.ecac-parentcenter.org/trainings-and-topics/>.

Legal Aid of NC offers free Self-Help Clinics to learn how to handle certain basic legal issues without hiring an attorney. You will receive all the guidance and paperwork necessary to walk out of the clinic and into the courthouse. Due to the Coronavirus crisis, we now hold all of our clinics electronically using Facebook Live and Zoom. All of the clinics are still completely free and open to the public. Facebook Live: To participate using Facebook, visit our Facebook Live page when the clinic starts. You do not need a Facebook account to watch the presentation, but you do need an account to send questions to the presenters. Sign up for a free Facebook account. Zoom: To participate using Zoom, use the listing below to register for the clinic you are interested in. You do not need a Zoom account to participate in the clinic. Once you register, you will receive an email containing a link to the Zoom presentation. When the clinic starts, click the Zoom link to join. All clinics are completely free, but advance registration is required due to space limitations at most locations. The clinics will provide you with general legal information and guidance only. The clinics will not provide you with specific, individual legal advice. For more information and a list of upcoming workshops click on the link <https://www.legalaidnc.org/get-help/self-help-clinics>.