

## COMMUNITY GROUPS/WORKSHOPS/MEETINGS

**Every Tuesday—Full Circle Recovery Center Learn to Cope.** Learn to Cope (LTC) is a support group for parents, family members, spouses, and caregivers with a loved one who is struggling with addiction to opiates, alcohol, or other drugs. Meetings are held Tuesdays from 7 PM to 8:30 PM at Full Circle Recovery Center located at 3261 Georgia Road, Franklin, NC. LTC offers compassionate, experienced facilitators who have been there, support, resources, educational material, and guest speakers who are in long term recovery or professionals in the field. For more information, please contact Stephanie Almeida at 828-475-1920.

**Every Tuesday—Sober Mommies—**Motherhood group meeting every Tuesday (except holidays) at 10 am at First United Methodist Church located at 566 S Haywood St, Waynesville. For more information please contact Nicole Ross at 828-209-88220 or [Nicole.ross@sobermommies.com](mailto: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](mailto:rutherford@autismsociety-nc.org) or <https://www.facebook.com/groups/asnc.rutherford/>.

**First Tuesday of each month—Madison County Chapter of the Autism Society of NC meeting.** Group meets first Tuesday of each month from 4 – 5:30 pm at Madison Middle School located at 95 Upper Brush Creek Rd, Marshall. Provides a place for families of children and adults with autism to meet, share, and learn about autism. For planning purposes, an RSVP is requested however not required to [madisonchapter@autismsociety-nc.org](mailto:madisonchapter@autismsociety-nc.org) or <https://www.facebook.com/groups/asnc.madison/>.

**First and Third Mondays of each month—DIOM (Drugs in our Midst) Family Support Group—**Starting at 6:30pm at the conference room at Haywood County Sheriff's Office. Our purpose is to bring persons who have loved ones experiencing Substance Use Issues together. We support them, provide resources information, and share experiences and ways to make it work for you and your loved one. We pray together, cry together, and love each other. This is a faith based program provided free for those who need our support. For more information contact Jean Parris at [jeankparris@gmail.com](mailto:jeankparris@gmail.com).

**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](mailto: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](mailto: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](mailto:maconchapter@autismsociety-nc.org) or <https://www.facebook.com/groups/asnc.macon/>

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

**Second Thursday of each month—Jackson/Swain/Qualla Chapter of the Autism Society of NC—Family Support Network of Region A Caregiver Group Meeting.** November’s meeting will be starting at 6:00 PM at United Community Bank located at 145 Slope St, Bryson City. No food or drink is allowed. 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](mailto:jmiller@regionakids.org) or 828-506-6111 or <http://www.facebook.com/groups/asnc.jackson.swain.qb>

**Second and Fourth Thursday of each month—Grandparent & Kinship Support Group—10 am—**Join our support group and get some insight about raising children a second time around. We meet twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at 10 am in the large conference room. At The Crawford Senior Center located at 108 Wayah St, Franklin. Call 828-349-2058 and ask for Kim Crawford for more information.

**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](mailto: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](mailto:buncombechapter@autismsociety-nc.org) or <http://www.facebook.com/groups/asnc.buncombe>

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

**Smart Start (SS) / Local Interagency Coordinating Council (LICC) Team Meetings**—Cherokee County meets the 1<sup>st</sup> Wednesday of each month starting @ 1:00 PM; Clay County meets the 1<sup>st</sup> Thursday of each month starting @ 1:30 PM; Graham County meets the 2<sup>nd</sup> Thursday of each month starting @ 9:30 AM; Haywood County meets the 3<sup>rd</sup> Wednesday of each month starting @ 10:30 AM; Jackson County meets the 2<sup>nd</sup> Wednesday of each month starting @ 12 noon; Macon County meets the 4<sup>th</sup> Thursday of the month starting @ 12 noon; and, Swain County meets the 2<sup>nd</sup> Tuesday of each month starting @ 10:00 AM. For more details contact Jody Miller at [jmiller@rapc.org](mailto: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 month the meeting for this month is going to be contact Stacey Messer at Macon DSS at 828-349-2124.

**November 1<sup>st</sup> through December 15<sup>th</sup>, 2019** is open enrollment for the Affordable Care Act Health Insurance. Make an individual appointment for free, unbiased help with enrollment. Call a local certified application counselor at Mountain Projects, Inc. at 828-452-1447.

**November 1, 2019—Fall Career Fair**—1:30 pm – 4 pm at the Franklin Chamber of Commerce. Bring an updated resume and dress for success! Being held at 98 Hyatt Rd Franklin. For more information contact Susan Waldorf, Career Advisor with NCWorks Career Center at 828 369 9534.

**November 4, 2019—A Rainbow of Mental Health: An Introduction—**12:30 pm – 1:30 pm. An introductory course designed to support an understanding of the most commonly diagnosed mental health related conditions in the aged population. This curriculum takes a person-centered approach to understanding classifications and care delivery. Being held at Cashiers Senior Center located at 217 Frank Allen Road, Cashiers. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**November 6, 2019—Keeping the Balance: Mood Stabilizing Medications—**10 am to 11:30 am. Managing Mood Disorders can be a balancing act. Attend this training to learn the role of medication in keeping the equilibrium, as well as the importance of observing medication responses, and signs and symptoms to report to a physician. Being held at Clay Senior Center located at 196 Ritter Road, Hayesville. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**November 7, 2019—Affordable Care Act Health Insurance Open Enrollment Event—**Haywood County Library—Waynesville Branch located at 678 S Haywood St. 12:30 pm – 6:30 pm. Make an individual appointment for free, unbiased help with enrollment or walk in. Call Mountain Projects, Inc. at 828-452-1447.

**November 7, 2019—Social Security Disability Clinic—**Attend a free clinic on social security disability. Learn about the types of adult social security disability benefits, how to qualify, the application process, and what you will need to show to prove that you are entitled to benefits. You will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/social-security-disability>. For more information contact Legal Aid of NC at 1-866-219-5262.

**November 7, 2019—Social Security Disability Clinic—** Attend a free clinic on social security disability. Learn about the types of adult social security disability benefits, how to qualify, the application process, and what you will need to show to prove that you are entitled to benefits. You will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic is being held at the Andrews Public Library located at 871 Main St, Andrews from 2:30 pm – 4:30 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/social-security-disability>. For more information contact Legal Aid of NC at 1-866-219-5262.

**November 12, 2019—After the Diagnosis: Get Answers, Get Help, Get Going!--** Please join ASNC Autism Resource Specialist Juliette Heim 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 Juliette 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. Being held at the Autism Society of NC located at 306 Summit St Asheville from 10 am – 11:30 am. No fee. Register at <https://www.eventbrite.com/e/after-the-diagnosis-get-answers-get-help-get-going-tickets-69771653895>. For more information or to register, contact Juliette Heim at 828-236-1547 or [jheim@autismsociety-nc.org](mailto:jheim@autismsociety-nc.org)

**November 13, 2019—Depression: From Surviving to Thriving—**10:30 am to 11:30 am. Depressive symptoms often present themselves through feelings of isolation, hopelessness, and despair. In this course, we examine different types, common causes, symptoms and treatment methods for depression focusing on moving from a place of simply surviving to one of thriving. Being held at J Robert Penland Senior Center located at 69 Alpine St, Murphy. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**November 14, 2019—Employee Rights Clinic**—Attend the free clinic on employee rights. Topics include employment at will, right to work, discrimination, retaliation, and unemployment benefits. We will give you a packet of legal information, and you will watch an informational video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is held in locations throughout the state. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:00 pm. Also being held at Andrews Public Library located at 871 Main St, Andrews Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/employee-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**November 18, 2019—Depression: From Surviving to Thriving**—10 am to 12 pm. Depressive symptoms often present themselves through feelings of isolation, hopelessness, and despair. In this course, we examine different types, common causes, symptoms and treatment methods for depression focusing on moving from a place of simply surviving to one of thriving. Being held at Jackson County Senior Center located at 100 County Services Park Dr, Sylva. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**November 19, 2019—Autism 101**-- This is the perfect workshop for anyone who wants to develop a basic understanding of Autism Spectrum Disorder (ASD). This workshop explores the four core areas affected by ASD: communication, social interaction, sensory issues, and how an individual may think and learn. Basic strategies for interacting with individuals with ASD are discussed. Workshop objectives: to build a better understanding of what ASD is; to explore some of the possible reasons an individual with ASD may react differently; to develop a broader understanding of why and how information may need to be presented in a more structured way; and, to review some basic strategies that can be implemented that day. Being held at the Autism Society of NC located at 306 Summit St Asheville from 10 am – 11:30 am. No fee. Register at <https://www.eventbrite.com/e/autism-101-tickets-69768809387>. For more information, contact Juliette Heim at [jheim@autismsociety-nc.org](mailto:jheim@autismsociety-nc.org).

**November 19, 2019—I'm Covered Up: What You Need to Know about Hoarding**—10:30 am to 11:30 am. "I'm covered up" is not just about the physical retention of things but more importantly, the emotional components that won't allow release. This presentation examines causes, symptoms, and adaptive treatment and care methods for those dealing with hoarding behavior. A focus is placed on the aged population. Held at John Welch Senior Center located at 302 Airport Rd, Marble. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**November 20, 2019—The Impact of Chronic Medical Illnesses on the Brain**—9:30 am – 11 am. Chronic diseases can be challenging to manage. Come and learn ways to help the care recipient cope with the emotional and behavioral symptoms that sometimes accompany these medical conditions. Being held at Canton Senior Center located at 1 Pigeon St, Canton. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**November 21, 2019—Posttraumatic Stress Disorder: Invisible Scars**—10 am to 11 am. This presentation explores relevant information pertinent to traumatic events and experiences. Through classroom conversation and exercises, participants learn ways to support individuals who may have experienced a traumatic event; which may lead to Post Traumatic Stress Disorder. Resiliency methods will be employed as methods to treat and heal the invisible scars. Being held at Maggie Valley Nutrition Site located at 3987 Soco Rd, Maggie Valley. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**November 21, 2019—Simple Divorce Clinic**-- Attend our free Simple Divorce Clinic to learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal documents and



watch an instructional video. A volunteer attorney will be available to answer general questions. Filing for divorce affects your rights to property division, spousal support, and alimony. You could lose important rights by filing for divorce. If you wish to pursue property division, spousal support, or alimony, you should consult with a private attorney to discuss your legal rights before filing. You are welcome to attend the clinic for general information, but the clinic does NOT specifically address these issues. The clinic will provide you with general legal information and guidance only. The clinic will not provide you with specific, individual legal advice. If you need more help after the clinic, call our toll-free Helpline to apply for help. The clinic is held in locations throughout the state. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:00 pm. Also being held at Andrews Public Library located at 871 Main St, Andrews. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**November 25, 2019—It's a Brain Thing: The Study of Dementia Medications—10:30 am – 11:30 am.**

Dementia can be a frightening journey for the caregiver as well as the care recipient. Research continues to reveal more about this disease and the treatments that may help. This class will update the attendee on how medications can help, as well as it's frustrating limitations. Being held at Andrews Nutrition Site located at 54 Park St, Andrews. For more information contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**November 26, 2019—A Rainbow of Mental Health: An Introduction—12:30 pm – 1:30 pm.**

An introductory course designed to support an understanding of the most commonly diagnosed mental health related conditions in the aged population. This curriculum takes a person-centered approach to understanding classifications and care delivery. Being held at Waynesville Nutrition Site located at 44 Boundary St, Waynesville. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**November 28, 2019—Neurocognitive Disorder: Living with Dementia—10:30 am to 11:30 am.**

Commonly referred to as dementia, neurocognitive disorders can affect the way people perceive and engage with the world around them. This course looks at various classifications of neurocognitive disorders (NCDs), Delirium and common changes associated with each type. Tips for caregiving are provided. Being held at Graham Senior Center located at 185 West Fort Hill, Robbinsville. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**December 2, 2019—Depression: From Surviving to Thriving—12:30 pm am to 1:30 pm.**

Depressive symptoms often present themselves through feelings of isolation, hopelessness, and despair. In this course, we examine different types, common causes, symptoms and treatment methods for depression focusing on moving from a place of simply surviving to one of thriving. Being held at Cashiers Senior Center located at 217 Frank Allen Rd, Cashiers. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**December 4, 2019—Anxiety: Calming the Anxious Mind—10 am to 11:30 am.**

Anxiety can be a debilitating force in one's life. At times, so debilitating that it interferes with the ability to manage one's own activities of daily living. When this happens, it's important to know that there are supports available to treat and assist in the management of symptoms. This curriculum focuses on different types of Anxiety Disorders specifically detailing ones more commonly noted in the older adults and interventions available to assist in calming the anxious mind. Being held at Clay Senior Center located at 196 Ritter Rd, Hayesville. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**December 5, 2019—Social Security Disability Clinic—** Attend a free clinic on social security disability. Learn about the types of adult social security disability benefits, how to qualify, the application process, and what you will need to show to prove that you are entitled to benefits. You will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic is held in locations throughout the state. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:00 pm. Also being held at Andrews Public Library located at 871 Main St, Andrews. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/social-security-disability>. For more information contact Legal Aid of NC at 1-866-219-5262.

**December 10, 2019—Child Custody and Visitation Clinic—**Attend the free child custody and visitation clinic to learn how to file a child custody action in court without an attorney. You will also learn about visitation. You will be provided with a packet of legal forms and instructions, and you will watch an instructional video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:00 pm. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/child-custody-and-visitation>. For more information contact Legal Aid of NC at 1-866-219-5262.

**December 11, 2019—Dementia and Psychosis Behavior: What you Need to Know—**10 am to 12 pm-- In this class, case review and activities, are used to identify frequent challenging behaviors associated with dementia and psychosis. Participants review factors that may trigger behaviors and discuss prevention and intervention strategies. Being held at J Robert Penland Senior Center located at 69 Alpine St, Murphy. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**December 12, 2019—Affordable Care Act Health Insurance Open Enrollment Event—**Haywood County Library—Canton Branch located at 11 Pennsylvania Avenue. 12:30 pm – 6:30 pm. Make an individual appointment for free, unbiased help with enrollment or walk in. Call Mountain Projects, Inc. at 828-452-1447.

**December 12, 2019—Employee Rights Clinic—**Attend the free clinic on employee rights. Topics include employment at will, right to work, discrimination, retaliation, and unemployment benefits. We will give you a packet of legal information, and you will watch an informational video. A volunteer attorney will be available to answer general questions. The clinic will not provide you with specific individual legal advice. The clinic is held in locations throughout the state. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:00 pm. Also being held at Andrews Public Library located at 871 Main St, Andrews. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/employee-rights>. For more information contact Legal Aid of NC at 1-866-219-5262.

**December 16, 2019—Posttraumatic Stress Disorder: Invisible Scars—**10 am to 12 pm. This presentation explores relevant information pertinent to traumatic events and experiences. Through classroom conversation and exercises, participants learn ways to support individuals who may have experienced a traumatic event; which may lead to Post Traumatic Stress Disorder. Resiliency methods will be employed as methods to treat and heal the invisible scars. Being held at Jackson County Senior Center located at 100 County Services Park Dr, Sylva. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**December 17, 2019—Depression: From Surviving to Thriving—**10:30 am to 11:30 am. Depressive symptoms often present themselves through feelings of isolation, hopelessness, and despair. In this course, we examine different types, common causes, symptoms and treatment methods for depression focusing on moving from a place of simply surviving to one of thriving. Being held at John Welch Senior Center located at

3302 Airport Rd, Marble. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**December 18, 2019—A Rainbow of Mental Health: An Introduction—**9:30 am to 11 am. An introductory course designed to support an understanding of the most commonly diagnosed mental health related conditions in the aged population. This curriculum takes a person-centered approach to understanding classifications and care delivery. Being held at Canton Senior Center located at 1 Pigeon St, Canton. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**December 19, 2019—Suicide Indicators, Response and Prevention—**10 am to 11 am. This course focuses on the indicators and risk factors of suicide in older adults as related to current statistical data. In addition, this course explains methods of suicide response and keys to prevention. Being held at Maggie Valley Nutrition Site located at 3987 Soco Rd, Maggie Valley. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).

**December 19, 2019—Simple Divorce Clinic--** Attend our free Simple Divorce Clinic to learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal documents and watch an instructional video. A volunteer attorney will be available to answer general questions. Filing for divorce affects your rights to property division, spousal support, and alimony. You could lose important rights by filing for divorce. If you wish to pursue property division, spousal support, or alimony, you should consult with a private attorney to discuss your legal rights before filing. You are welcome to attend the clinic for general information, but the clinic does NOT specifically address these issues. The clinic will provide you with general legal information and guidance only. The clinic will not provide you with specific, individual legal advice. If you need more help after the clinic, call our toll-free Helpline to apply for help. The clinic is held in locations throughout the state. The clinic is being held at the Jackson County Public Library located at 310 Keener St, Sylva from 2:30 pm – 4:00 pm. Also being held at Andrews Public Library located at 871 Main St, Andrews. Use this link to register: <http://www.legalaidnc.org/get-help/self-help-clinics/simple-divorce>. For more information contact Legal Aid of NC at 1-866-219-5262.

**December 23, 2019—Depression: From Surviving to Thriving—**10:30 am to 11:30 am. Depressive symptoms often present themselves through feelings of isolation, hopelessness, and despair. In this course, we examine different types, common causes, symptoms and treatment methods for depression focusing on moving from a place of simply surviving to one of thriving. Being held at Andrews Nutrition Site located at 54 Park St, Andrews. For more information please contact Leslie Lawson at 828-759-2160 or [leslie.lawson@vayahealth.com](mailto:leslie.lawson@vayahealth.com).