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.

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.

***August 27, 2020—Fetal Alcohol Spectrum Disorders*—**9:30 am to 2:15 pm--4-part webinar series that will focus on fetal alcohol spectrum disorders (FASD). Each webinar will be held on four consecutive Thursdays starting from August 27th – September 17th. Participants must register before the event in order to be able to attend. CEUs and contact hours are available. Who should participate: Nurses, mental health counselors, psychologists, educators, social workers, other health care professionals and others interested in the care of families affected by FASD. As part of its commitment to diversity and inclusion, the Northwest AHEC and Wake Forest Baptist Health provide compassionate education and respectful care for all, regardless of sexual orientation, gender identity or expression. Program Overview and Objectives--this 4-part webinar series will focus on FASD (Fetal Alcohol Spectrum Disorders) across the state of North Carolina. Upon completion of this program, participants will be able to: describe the scope and impact of the normalization of alcohol use in our society; discuss the prevalence and characteristics of FASD in a southeastern county; list FASD identification and management tools; identify elements of the FASD brain as related to the criminal justice system; explore strategies for hope for families living with FASD; recognize appropriate actions which could improve outcomes for families affected by FASD; and, define practical support systems and strategies for people with FASD. Registration--there is no per person fee for this event; however, all participants must register prior to the event in order to receive the WebEx link to attend. For more information, assistance, have questions about registering for this activity, please contact Gail Pawlik at gpawlik@wakehealth.edu or 336-713-7761. Register at https://northwestahec.wakehealth.edu/courses-and-events/63615/fasdinnc-webinar-series.

September 2, 2020—Self-Care Check-In—11 am to 12 pm. The events of 2020 have left many of us struggling. From our anger and frustration with systemic racism to the fear and uncertainty created by COVID-19, these are unprecedented times and the physical and psychological impact can be significant. **With *What Do I Need Right Now More Than Anything Else*, you have a monthly opportunity to slow down and check-in with what you are experiencing, be guided in self-calming practices, find solace in a community who understands what you are experiencing, and discern what self-care you most need at the moment.** Each month's webinar features unique components to support your well-being. Participants can attend monthly or as needed/able and should have a pen and journal/paper available. Join Zoom Meeting https://us02web.zoom.us/j/84880128979?pwd=a0YvZHVva3JPZ1M0cUdQZDdnYVRUQT09

September 2, 2020—Recovery and Self-Determination—11 am to 12 pm. Alliance's Community Health and Well-Being team have created a free virtual training. Define the principles, culture, and philosophy of Recovery and Self-Determination. Learn how to promote, create, and support a Recovery Oriented System of Care. For questions contact msoler@alliancebhc.org. To register follow the link, https://alliancehealthplan.zoom.us/meeting/register/tJYtf-irqTwuE9wssKgx41GgpUUF-XZRW5Q3.

September 3, 2020—Self-Care and Social Justice—2 pm to 3 pm. Think self-care is a bit too precious to worry about when we have a world to change? Think again. In Self-Care and Social Justice, we'll challenge the pop-

culture notion of self-care and re-contextualize it as a fundamental need for everyone with special attention given to those who are on the frontlines of social justice, equity, and community care work. We'll examine burnout, self-care, resilience, and the impact they have on our sense of wellbeing in order to establish a case for self-care for those who wish to better understand the social and scientific implications of self-care-especially in light of fighting for change and justice. Join Zoom Meeting https://us02web.zoom.us/j/87287960174?pwd=akJsZVRHaVVwL1N2eGk1USt6dU9oZz09

September 8, 2020—After the Diagnosis: Helping an Older Child Navigate the Journey. Webinar. 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 contact Wanda Curley at **wcurley@autismsociety-nc.org**.

September 8, 2020—Debunking the Myths of Supported Decision-Making and Guardianship—2 pm. People with intellectual and developmental disabilities (I/DD) have the same right to make decisions about their lives as people without disabilities. However, their ability to make their own decisions is often questioned by teachers, doctors, family members, and others. People with I/DD are at an increased risk of being placed under guardianship, and guardianship is frequently still the only option presented and utilized by families and supporters of people with I/DD. Guardianship can be an obstacle to the development of self-determination skills, and research has shown that individuals with reduced self-determination have diminished quality-of-life outcomes and are less likely to live and be integrated into their community. This webinar will describe guardianship and less restrictive decision-making alternatives, as well as help debunk some of the myths that persist about guardianship and supported decision-making. Being able to make your own decisions about your own life is one of the most important rights that people have. People with intellectual and developmental disabilities (I/DD) have the same right to make decisions about their lives as people without disabilities. However, their ability to make their own decisions is often questioned by teachers, doctors, family members, and others. Research has shown that individuals with reduced self-determination have diminished quality of life outcomes and are less likely to live and be integrated into their community. Guardianship can be an obstacle to the development of self-determination skills. However, people with I/DD are at an increased risk of being placed under guardianship, and guardianship is frequently still the only option presented and utilized by families and supporters of people with I/DD. This webinar will describe guardianship and less restrictive decision-making alternatives, as well as help debunk some of the myths about guardianship and supported decision-making that persist. Speakers Biography: Morgan Whitlatch is the Legal Director of Quality Trust for Individuals with Disabilities, a non-profit advocacy organization that has advanced the interests of people with developmental disabilities since 2002. She is also the Lead Project Director of the National Resource Center for Supported Decision-Making. As Senior Director of National Initiatives, Shawn Ullman leads The Arc's individual and family support initiatives, which seek to provide reliable information and assistance to people with I/DD, their family members, and the professionals who support them on topics such as navigating special education and disability services, healthy aging, housing, decision-making, financial planning, and healthy relationships. NOTE: Once you register, you will receive a system-generated email from WebEx with your registration ID and further instructions. Please check your spam filter and add messenger@webex.com to your approved senders list. Register at https://thearc.webex.com/mw3300/mywebex/default.do?service=7&nomenu=true&main_url=%2Ftc3300%2Ftrainingcenter%2FLoading.do%3Fsiteurl%3Dthearc%26UID%3D1657613261%26RT%3DMiMxMQ%253D%253D%26siteurl%3Dthearc%26apiname%3Dj.php%26MTID%3Dt9841bcabafd77d98e95a65604a63a6cf%26FM%3D1%26rnd%3D0600865027%26servicename%3DTC%26ED%3D1068774772%26needFilter%3Dfalse&siteurl=thearc.

September 8, 2020—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 Kelly Wolf at kelly.wolf@vayahealth.com.

9 de septiembre de 2020--Obteniendo servicios para mi hijo durante el COVID-19— seminario web . 6 pm to 7:30 pm. Objetivos: • Tipo de servicios disponibles en NC para las personas con autismo • Información de las fuentes financieras: Medicaid, Seguro Social y cuentas ABLE • Elegibilidad para lo servicios y programas • Como acceder a los servicios a través de agencias y proveedores. para registrarse haga clic en este enlace https://register.gotowebinar.com/register/3137382071012136972

September 14, 2020—Children, Youth and Family Regional Policy Institute—Western NC. 9 am to 11:30 am. NC Collaborative for Children, Youth and Families, NC Child, Prevent Child Abuse NC, i2i Center for Integrative Health, MomsRising, and the Foster Family Alliance of NC invite you to virtually attend our 2020 Regional Policy Institutes. There will be 4 institutes and you can attend 1 or all 4! They are free, but space is limited. We are welcoming different keynotes, presenters, and legislators to each of the institutes. **Keynote:** Deputy Secretary Juvenile Justice, Billy Lassiter
Advocacy 101: Adam Sotak, NC Child
Legislative Panelists:
Terry Van Duyn - Buncombe
Representative Sarah Stevens -Alleghany/Surrey/Wilkes
COUNTIES INCLUDE: CHEROKEE, GRAHAM, CLAY, MACON, JACKSON, SWAIN, HAYWOOD, TRANSYLVANIA, MADISON, BUNCOMBE, HENDERSON, POLK, YANCEY, MCDOWELL, RUTHEFORD, CLEVELAND, LINCOLN, BURKE, CALDWELL, MITCHELL, AVERY, WATAGUA, ASHE, ALLEGHANY, SURRY, WILKES, YANCEY, CATAWBA, ALEXANDER, IREDELL, YADKIN, DAVIE, STOKES, FORSYTH. REGISTER HTTPS://REGISTER.GOTOWEBINAR.COM/REGISTER/95236806474462990. SUBMIT YOUR LEGISLATIVE PANEL QUESTIONS
What are the issues that impact children, youth, and families that matter the most to you? Click the link below to submit up to 3 candidate questions per person.
Some ideas for topics for you to consider: Child Care, Unemployment Benefits, Substance Misuse, Child Abuse and Neglect, Paid Family and Medical Leave, Medicaid Expansion, Medicaid Transformation, Affordable Housing, Food Insecurity, School Based Mental Health, and the Response to COVID-19.Submit questions https://www.surveymonkey.com/r/institutepolicy

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.

September 17, 2020—Promoting communication and social engagement in young children with autism. Webinar. 6:30 pm – 8 PM. How do I increase communication skills in young children with autism? How do I enhance natural motivation to engage in social interactions with others? How do I teach the fundamentals of play? This free webinar is geared toward parents/caregivers and professionals who support young children with autism, such as child-care providers, preschool staff, and early interventionists. The session will provide practical strategies for building communication, social interaction and play skills, and increasing independence

in home, program, and preschool settings. Opportunities for audience Q & A will be offered. Presenter: Louise Southern, M.Ed., BCBA, Associate Clinical Director. Workshop objectives: to briefly review the core features of autism and the way those may present in young children and to outline practical, evidence-based strategies to support caregivers and professionals in promoting social engagement, communication and independence in home, program and preschool settings. To register click this link https://register.gotowebinar.com/register/1805640394374976268.

September 22, 2020—QPR Online Training—9 am to 11 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 Kelly Wolf at kelly.wolf@vayahealth.com.

September 24, 2020—Wellness Recovery Action Plan (WRAP) Seminar One: 2 Day webinar-- 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. 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. To register, click this link https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh6g608sa3bee5d1&oseq=&c=&ch=.

30 de septiembre de 2020--Tutoria legal de un joven adulto de 18 anos de edad. seminario web. Objetivos: • Entender que persona podría necesitar una Tutoría Legal • Revisar el Proceso de la Tutoría Legal • Conocer sobre tipos y alternativas de la Tutoría Legal. para registrarse haga clic en este enlace https://register.gotowebinar.com/register/1389901852708772620.

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.