

# The Family Support Network of NC Presents:

# The Village Connector

November 1, 2022



## Here Comes Fall!

Fall is in full swing in North Carolina. The leaves are changing, pumpkins are everywhere you turn, and it's the return of sweater weather! Fall across our state is gorgeous...and busy. This season can bring lots of fun and lots of stress. This month's Village Connector gives you resources for just a few of the many FSN support groups across the state. Mixed in with the Holiday rush in NC this year is a general election. Be sure to check out our section on Voting for people with disabilities!

## In This Issue:

**FSN Support Groups Across the State**

**Resource Spotlight: NC Navigating Care**

**Focus on Family and Disability Seminar  
with Shagun Gaur**

**Plus...Voting News, Diabetes Month, and more!**

## Who is FSN of NC?

FSN is a network of 12 affiliated programs across the state who are dedicated to providing support to families of loved ones with I/DD, behavioral health challenges, and special healthcare needs.

Our programs are led by family members with lived experience who offer education, capacity building, caring connections, and partnerships with community and state level agencies.

### Our core services include:

- Parent to parent matches (Statewide and Nationally through P2P USA)
- Parent Mentor Orientation Training
- Information and referral for parents and providers
- Workshops for family members and service providers
- Parent support groups for families
- Family Service Navigation

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***Finding Family Support From Murphy to Manteo!***



Did you know that all FSN programs offer educational and support groups for families caring for children with I/DD, special healthcare needs, and behavioral health challenges across the state? Peer to peer support is an evidence based practice proven to reduce caregiver strain.

**Check Out Just A Few FSN Support Groups Below!**



## **Jackson County:**

**FSN Caregiver Connections for Jackson/Swain/Qualla Autism Chapter:**

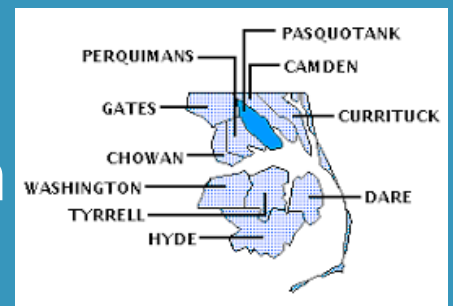
1st Tuesday of each month  
in Bryson City

**Jackson Caregiver Connections:**  
2nd Thursday of each month in  
Sylva

***To Register for Jackson Co. Groups,  
Contact:***

***Jody Miller at [jmiller@rapc.org](mailto:jmiller@rapc.org)***

## **North Eastern NC**



**Circle of Parents Support Group:**

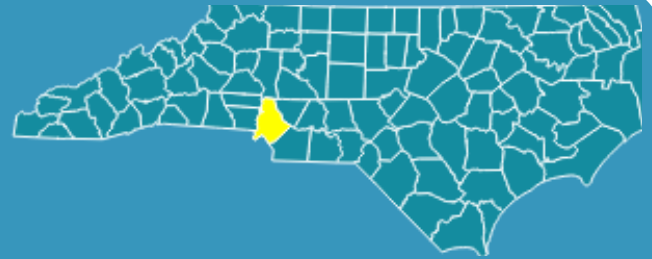
2nd and 4th Tuesdays and  
Thursdays of each month

**To Register, Contact:**  
**Faith Mosley at [faith@aacfnc.org](mailto:faith@aacfnc.org)**

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*Finding Family Support From Murphy to Manteo!*

## **Mecklenburg County:**

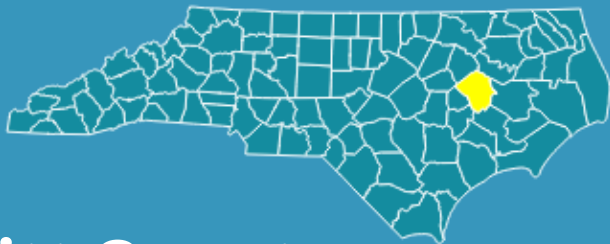


**Parent Focus Group:**

4th Thursday every month

To Register, Contact:

Nikia Bye at [Nikiafsntp@trustedparents.org](mailto:Nikiafsntp@trustedparents.org)

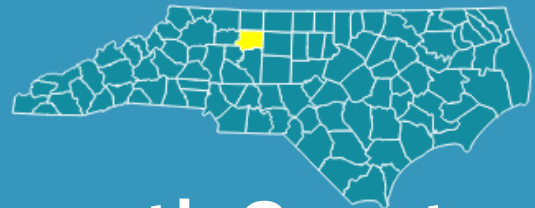


## **Pitt County:**

**Coffee and Chat Virtual  
Parents Connection Group:**  
2nd Thursday of every month

To Register, Contact:

Alexis Askew at  
[Director@fsnenc.org](mailto:Director@fsnenc.org)



## **Forsyth County:**

**El Grupo de Esperanza:  
(Spanish Speaking Families)**

2nd Monday from 7-8:30pm

To Register, Contact:

Rosa Sanchez at  
[RosaFSN@thecfec.org](mailto:RosaFSN@thecfec.org)

**Fella-ship (Group for Dads):**

Meets Quarterly

To Register, Contact:

Chris Gentry at  
[ChrisFSN@thecfec.org](mailto:ChrisFSN@thecfec.org)

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## *Resource Spotlight*

### **North Carolina Navigating Care**

The North Carolina Navigating Care Project has developed an online guide and model for family navigation aimed at families with children with disabilities including Autism. Through a two-year process working with agencies/organizations and families across NC, the guide was developed as a link to a host of services and supports within and outside of NC. The model uses three primary questions to help guide families to the supports they may need.

The first focuses on developmental concerns and monitoring development. The second targets families whose child has been evaluated, but the family still has questions and concerns. The third question sends families to additional resources they may need now or in the future. The project will continue to offer FREE trainings to interested professionals who provide navigation services for families.

Sign up for a free virtual  
NC Navigating Care training on  
November 9th from 1:00-3:00!  
Register [Here!](#)



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*Focus on Family and Disability Seminar Series*

## Professional Development Opportunity and Free Learning for Family Members!

Join us for the Focus on Family and Disability Seminar on November 8 to learn tips and strategies for working with autistic families from India.

Shagun will share her lived experience as an Indian woman and how to take the Indian culture into consideration when supporting families.

Register [Here](#)

Family Members, Select The Scholarship Option for a Free Registration!



**Hosted by  
Shagun Gaur,  
Autism Society of NC**

Did you miss last month's FoFDS? You can still see our webinar on *Medicaid Transformation in Plain Language* on our website at [FSNNC.ORG](http://FSNNC.ORG)!

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## *Voting in the Disability Community*

Did you know that people with intellectual and developmental disabilities have a basic American right to vote? Did you know that a person who has a legal guardian has a basic right to vote? Did you know that Disability Rights NC recently won a lawsuit against the state of North Carolina regarding voting rights for people with disabilities? Prior to this lawsuit, a voter with a disability was limited in who they could ask to assist them with voting. Because of this lawsuit, people with disabilities who need assistance with voting can choose who they want to assist them.

### **Concerned about your voting experience?**

Contact:

The Election Protection Hotline  
1-866-687-8683

ASL Hotline: 301-818-8683

### **Have you heard of the Revup voting campaign?**

This campaign, supported by AAPD, has a mission of fostering civic engagement and protecting the voter rights of Americans with disabilities.

Learn more [here!](#)



Check out North Carolina's Rev-Up Quick Guide for People with Disabilities Voting in the 2022 General Election [Here!](#)



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*November is National Diabetes Awareness Month*

Diabetes is a chronic health condition that affects how your body turns food into energy. Unfortunately, Diabetes does not only have a physical effect, but also a mental and emotional effect. [BeyondType1.org](http://BeyondType1.org) offers resources, education and advocacy for people living with diabetes. BeyondType1 also offers information on mental health resources specifically for people with any type of Diabetes.

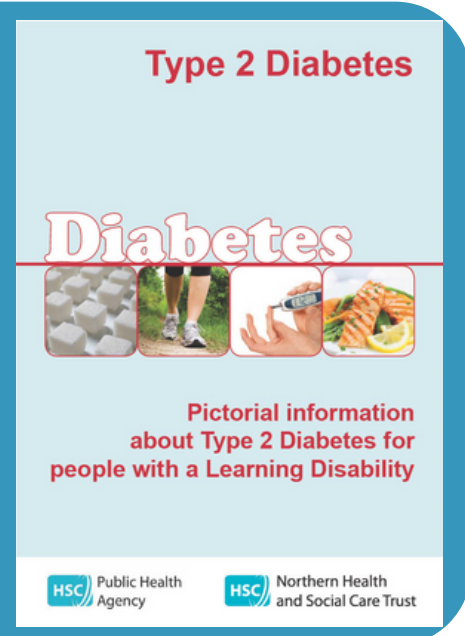
Check Out  
[Kidshealth.org](http://Kidshealth.org)  
to find videos and  
facts for kids on  
diabetes.



Know a teen with  
Type 1 Diabetes?  
Check out this Teen  
Toolkit from [jdrf.org](http://jdrf.org)



Know someone with an intellectual disability or learning disability that could use help understanding their Diabetes Type 2 diagnosis? Check out this Diabetes Booklet for "Plain Language" Diabetes support.



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## *Making Holidays Fun For All*

### **Tips for creating an inclusive holiday celebration**

November and December are popular months for holiday celebrations for people of all religious and ethnic backgrounds in our state. While holidays are usually a time of celebration, we know that it can be overwhelming for many. Emotions run high, travel and change in environment can be difficult, and exhaustion can turn a fun time into a challenging time. Even with the best of intentions, families and communities can overlook simple ways to make ALL guests feel included in the celebration. Respectability, a disability led nonprofit that works to make systemic change, offers an easy tipsheet for making sure inclusion is on your holiday menu!

**See a few tips below and click [here](#) for more ideas!**



- Ask guests ahead of time about special diets and fragrance allergies.
- Include a line about accommodations in the rsvp.
- Involve children from the beginning by talking with them about respecting and involving others who are different.