




# HealthyChoices

Public Wellness Programs brought to you by Northeastern Vermont Regional Hospital | [www.nvrh.org](http://www.nvrh.org)



**Welcome to HealthyChoices,**  
a publication from Northeastern Vermont Regional Hospital. HealthyChoices can help you, your family, and your friends find local, affordable resources to improve health and stay well in body, mind, and spirit.

HealthyChoices was created as a resource to help you find the class, program, group, or venue that works best for you and your health and wellness needs.



## NVRH SPONSORED CLASSES

### Freedom From Smoking

**FREE** | If you are using tobacco products and want to quit, join the hundreds of thousands that are now tobacco-free through the American Lung Association's Freedom From Smoking® class. Over the course of eight weeks, you will work with other people who are quitting along with a trained facilitator to set a quit date, build a quit plan and work through your first few months tobacco-free. *For more information or to register, call Jen at 802-748-9405 ext. 1026.*



**Chronic Disease Management Workshop**  
**FREE | 6 WEEK SERIES**  
This is an evidenced-based program that improves quality of life, and reduces unscheduled visits to healthcare providers and admissions to the hospital. *Limited to 15 participants. For more information or to register, call Jen at 802-748-9405 ext. 1026.*

**Chronic Pain Management Workshop**  
**FREE | 6 WEEK SERIES**  
If you're living with chronic pain—from an injury, surgery, or health condition like arthritis, multiple sclerosis, or fibromyalgia—this workshop will help you learn tools and techniques to feel better. It also includes gentle movement exercises. Wear comfortable clothing. *Limited to 15 participants. Participation in the Chronic Disease Management Workshop is recommended. For more information or to register, call Jen at 802-748-9405 ext. 1026.*



### Cardiac Rehabilitation

**COVERED BY MOST INSURANCES**  
**3 DAYS A WEEK FOR 12 WEEKS:**  
**MONDAY, WEDNESDAY, FRIDAY**  
An exercise and education program for people with recent (within the last 12 months) qualifying cardiac events. Provider referral required. *For more information, call Cardiac Rehabilitation at 802-748-7401.*

### Cardiac Rehabilitation Maintenance Program

**WEEKLY MAINTENANCE PROGRAM:**  
**TUESDAYS AND THURSDAYS**  
**SELF-PAY: NOT COVERED BY INSURANCE BUT SCHOLARSHIPS ARE AVAILABLE.**  
The Cardiac Rehabilitation Maintenance Program requires commitment and regular attendance. It is for those individuals who have had a cardiac event prior to the last 12 months or are at high risk for an event. *For more information, call Cardiac Rehabilitation at 802-748-7401.*

### Health Coaching for Hypertension Control

**FREE** | Health Coaching for Hypertension Control (HCHC) is an 8-week evidence-based, small group hypertension management program to help you monitor and lower your blood pressure. Blood pressure cuffs available to all participants. *For more information or to register, call Jen at 802-748-9405 ext. 1026.*



### NVU-Lyndon Evidence-Based Exercise Program

**FREE | 6 WEEKS**  
Recommended for those who have completed Cardiac Rehabilitation, Pulmonary Rehabilitation, Physical/Occupational Therapy and/or Diabetes Exercise Program. Additional COVID precautions in place. Max 20. This student-led program is provided by the NVU Department of Exercise Science in coordination with NVRH. *For more information, call 802-748-7969.*



### Northern PT Aquatic Therapies

**\$15 PER VISIT | \$120 FOR 10 VISITS**  
Research shows that compared to land-based treadmills, underwater treadmills let you: burn as many calories, enjoy an increased range of motion, suffer less muscle soreness and joint impact, and start rehabilitation exercise earlier so you can recover sooner. *For more information or to make an appointment, call 802-626-4224.*

### PreventT2 Program

**FREE | MEETS WEEKLY FOR 16 WEEKS THEN EVERY OTHER WEEK FOR 5 MONTHS.**  
You can prevent Type 2 Diabetes! T2 is part of the National Diabetes Prevention Program. Please Note: This group is for adults age 18 or older who have not been diagnosed with diabetes. *For more information or to register, please call Jen at 802-748-9405 ext. 1026.*

### Wellness Recovery Action Plan (WRAP)

**FREE** | WRAP is a self-designed prevention and wellness process that anyone can use to get well, stay well, and make their life the way they want it to be. *For more information or to register, call Jen at 802-748-9405 ext. 1026.*

## NVRH's Community Connections

### We Can Help You...

Connect with services, resources, transportation, and other supports

Access healthcare and health information

Quit tobacco with support from a Tobacco Treatment Specialist

Understand and complete forms and applications for services

Learn healthy habits with our health coaches

... And more!



**Did you know** that Community Connections has trained Community Health Workers available at no-cost to help you access the services you need?

Call 802-748-7526 between 8 am–4:30 pm Monday through Friday to speak with the helpful staff.





Our region has a variety of fitness centers offering exercise options, including personal training, cardio and strength training, and group exercise classes. Water options are also available, including swimming, aquatic classes, and swimming lessons. Additional recreation options include tennis and racquet sports. Contact the centers for information on dates, times, and fees.

## FEATURED PROGRAMS



**↑ Rock Steady Boxing NEK**  
\$55 MONTH | 101 MAIN ST, LYNDONVILLE  
TUESDAY & THURSDAY, 9:30 & 11:30AM,  
SATURDAY, 9:30-11AM  
Giving people with Parkinson's Disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. These classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. *For information, call 802-535-4520 or visit [nek.rsbaaffiliate.com](http://nek.rsbaaffiliate.com).*



**↑ Heat Squad and NVRH**  
We are supporting affordable home energy audits for the first 50 qualified households in the NEK, bringing the cost from \$150 to just \$50. *For more information, call 802-438-2303 or visit [heatsquad.org](http://heatsquad.org)*  
**St. Johnsbury Academy Adult Education**  
Leadership Series offered by Dr. Martha Dubuque: 10 courses- take one or two, or the whole series. All classes are from 8am-12pm at our new location at 24 Eastern Ave. St. Johnsbury. *For more information, call Sandra Mings Lamar at 802-748-7738 or register online [stjacademy.org/adult-education](http://stjacademy.org/adult-education).*

## FITNESS CENTERS & MORE

**Artemis Yoga Studio**  
REC FIT, THURSDAYS, 5:30PM  
AND PRIVATE STUDIO  
[sunnykapp78@gmail.com](mailto:sunnykapp78@gmail.com)  
802-424-1038, St. Johnsbury

**Atlas Training Systems**  
[atlastrainingsystems.net](http://atlastrainingsystems.net)  
802-272-8091, St. Johnsbury

**Core Fitness Vermont**  
[corefitnessvt.com](http://corefitnessvt.com)  
802-535-9645, Lyndonville

**Fitness Jungle**  
[fitness-jungle-llc.com](http://fitness-jungle-llc.com)  
860-705-9180, St. Johnsbury

**Fitness Unbound**  
[fitnessunbound.com](http://fitnessunbound.com)  
802-274-3277, St. Johnsbury

**Heart Space Yoga**  
[heartspaceyogacenter.com](http://heartspaceyogacenter.com)  
802-626-3398, St. Johnsbury

**Kilos Performance & Fitness**  
[kilosperformanceandfitness.com](http://kilosperformanceandfitness.com)  
802-427-3007, Lyndonville

**Lindsey B. Scott Wellness**  
[Linzbjam@gmail.com](mailto:Linzbjam@gmail.com)  
802-274-1067, Hardwick

**NEK Cycling Studio**  
[nekcyclingstudio.com](http://nekcyclingstudio.com)  
802-279-7756, Lyndonville

**Pilates by Heidi**  
Find us on Facebook  
802-535-8505, St. Johnsbury

**RecFit**  
[stjacademy.org/recfit](http://stjacademy.org/recfit)  
802-751-2305. Follow them on Facebook at RecFitStJ, St. Johnsbury

**St. Johnsbury Academy Field House Pool**  
POOL HOURS: MON-FRI, 6AM-2PM  
SAT, 8AM-NOON, CLOSED SUN  
For more information, contact Sandy Lazerick at 802-748-8683, St. Johnsbury

**The St. Johnsbury Center for Well Being**  
[vermont-counseling-yoga.com](http://vermont-counseling-yoga.com)  
802-748-1516, St. Johnsbury

**Stadium Fitness**  
[stadiumfitness.com](http://stadiumfitness.com)  
802-535-0773, Danville

**Trail2Wellness**  
[trail2wellness.com](http://trail2wellness.com)  
802-793-0838, East Burke

**DANCE & GYMNASTICS**  
Options for adults and children to dance your way to health!

**Country Corner Square Dancing**  
FREE | WEDNESDAYS  
REGISTRATION 6:30PM, DANCING 7-8:30PM  
RIVERSIDE SCHOOL, LYNDONVILLE  
All Welcome! 802-748-4580

**Dance Express**  
802-748-1101, St. Johnsbury

**Dance Workshop**  
[danceworkshopvt.com](http://danceworkshopvt.com)  
802-535-8484, Lyndonville



**↑ Kingdom Gymnastics**  
[kingdomvtgymnastics.com](http://kingdomvtgymnastics.com)  
802-748-7898, St. Johnsbury

**St. Johnsbury Social Dance and Lessons**  
For all ages. Find us on Facebook.  
802-748-9558, St. Johnsbury

## SOMETHING FOR KIDS & FAMILIES

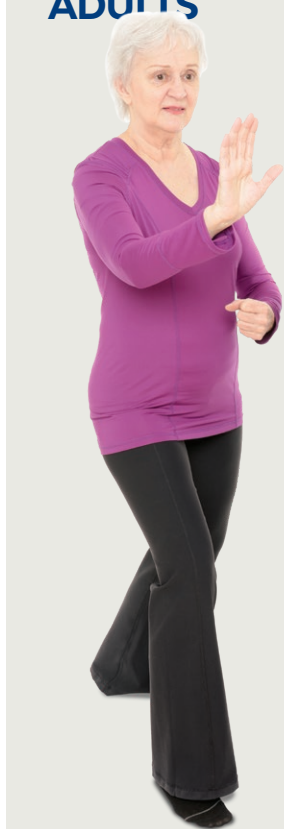


**All Things Lyndon**  
All Things Lyndon (ATL) is a community initiative developed through the Lyndon Promise Community. The key goal of ATL is strengthening all Lyndon families by providing opportunities to ensure all children are ready to enter school and be a part of their community. To help families in Lyndon thrive, ATL aims to provide opportunities for families to feel connected, supported, and empowered in their community. *Find us on Facebook at [AllThingsLyndon](https://www.facebook.com/AllThingsLyndon).*

**Catamount Arts**  
Offering a variety of classes and special opportunities throughout the year. *For more information, visit [catamountarts.org/education/classes-and-workshops](http://catamountarts.org/education/classes-and-workshops), or call 802-748-2600 x109.*

**RecFit & St. Johnsbury Recreation**  
RecFit is affiliated with St. Johnsbury Academy and the home of the St. Johnsbury Recreation Department, offering numerous recreational activities and events for residents of all ages throughout the year. *For more information, call 802-751-2305 or visit [stjacademy.org/recfit](http://stjacademy.org/recfit) for a full schedule.*

## SOMETHING FOR OLDER ADULTS




**Good Living Senior Center**  
1207 MAIN ST., ST. JOHNSBURY (ST. JOHNSBURY HOUSE) →  
A senior activities center for adults 50+.  
*Visit [stjgoodliving.org](http://stjgoodliving.org) to view the website and a monthly calendar of events. For more information, call 802-748-8470.*

**NEK Council on Aging**  
Programs to help people age with dignity and independence. Classes include:  
• Fall Prevention  
• Tai Chi  
• The Arthritis Foundation Exercise Program  
• A Matter of Balance  
• And many more!  
*For more information, visit [nekcouncil.org](http://nekcouncil.org) or call 1-800-642-5119.*


**Quahog Dance Theatre**  
FREE | JANUARY 11-MAY 19  
TUESDAYS 10-11:30AM & THURSDAYS 5:30-7PM  
Classes for seniors are ongoing and we are always welcoming new dancers! Located at Catamount Arts on Eastern Ave. 1st Floor, ramp on right side of the building.  
*For more information and pre-sign ups, call Karen Budde at NEK Council on Aging 802-751-0431 or [kbudde@nekcouncil.org](mailto:kbudde@nekcouncil.org).*





**Caledonia and Southern Essex Accountable Health Community**

NVRH is a member of NEK Prosper!, a collaborative of community partners working to improve health and prosperity in the region. *Learn more and check out the calendar of community events at [nekprosper.org](http://nekprosper.org).*



**St. Johnsbury Community Hub**  
The Hub project provides space, opportunity, and discovery for all NEK Vermonters. *For more information and a calendar of events, email Juliet Emas at [juliet@umbrellanek.org](mailto:juliet@umbrellanek.org) or visit [stjcommunityhub.org](http://stjcommunityhub.org)*





## MIND & SPIRIT

### Creative Healing & Fitness LYNDONVILLE

For more information, call Diane Matthews at 802-626-4202, or visit [creativehealingandfitness.com](http://creativehealingandfitness.com).

### Essentially Vermont Wellness Spa LYNDONVILLE

For more information, call Tracy Gilman at 802-473-8906, or email [tgilman66@gmail.com](mailto:tgilman66@gmail.com).

### Gentle Chair Yoga Class

**FREE | 12 WEEK SESSION**  
**MONDAYS, JANUARY 31-APRIL 18, 1-2 PM**  
**OFFERED VIRTUALLY BY THE NORRIS COTTON CANCER CENTER**  
These gentle and fun classes will teach controlled breathing and simple movements. Patients, survivors and caregiver(s) welcome.  
**Registration required. For information or to register, call 603-650-7751.**

### Massage in the Northeast Kingdom LYNDONVILLE

For more information, call Marybeth Anderson at 802-424-6629 or visit [www.marybethanderson.massagetherapy.com](http://www.marybethanderson.massagetherapy.com).

### Medicine Wheel Wellbeing

Providing foot and structural reflexology, massage therapy, and positional therapy to support the body's natural ability to heal itself.  
**By appointment. For more information, call Diane Willson at 802-535-6194 or visit [medicinewheelwellbeing.com](http://medicinewheelwellbeing.com).**

### PUMA Counseling & Coaching

"I can help you access your wisdom to tackle your challenges." Alice S. Kitchel, PhD, ACC, Certified Professional Coach.  
**By appointment. For information, call Alice at 802-684-3412 or email [alice@pumaconsultandcoach.com](mailto:alice@pumaconsultandcoach.com).**

### Whirling Rainbow

EFT Meridian Tapping, Wellness & Life Path. A six-week healing journey of self-discovery. Usui Reiki & Tapping available separately. Initial consultation free. **For more information, call Steve Kline at 585-734-2848, or email [Kline503@hotmail.com](mailto:Kline503@hotmail.com).**



## CPR & FIRST AID

### Calex CPR and First Aid ONLINE CLASSES

Go to [calexambulance.org](http://calexambulance.org) and click on the CPR & First Aid tab. Scroll down that page to select the desired online course. When the online class is complete, please call 802-748-7542 to schedule a one-on-one Skills Session with an AHA Instructor.  
**Call 802-748-7542, email [cpr@calexambulance.org](mailto:cpr@calexambulance.org), or visit [calexambulance.org](http://calexambulance.org).**

### Lyndon Rescue, Inc. CPR

**\$45 |** American Heart Association classes designed for healthcare teams and community members. Includes Automated External Defibrillator training.  
**For more information on upcoming classes, call 802-626-1101 or email [jillian@lyndonrescue.net](mailto:jillian@lyndonrescue.net).**

### Lyndon Rescue, Inc. First Aid

**\$45 |** American Heart Association First Aid certification for community members. Learn how to help in various medical emergencies.  
**For more information on upcoming classes, call 802-626-1101 or email [jillian@lyndonrescue.net](mailto:jillian@lyndonrescue.net).**



### ↑ Car Seat Safety

**FREE |** A child seat fitting station is a free and convenient way to have your child's safety seat inspected by a Nationally Certified CPS Technician. Receive personal instructions on the selection, harnessing, installation and use of car seats.  
**To make an appointment call Lyndon Rescue at 802-626-1101.**



## AREA FOOD RESOURCES

### FOOD SHELVES/ FOOD PANTRIES

**Faith in Action:**  
**Lyndonville Food Pantry**  
TUESDAYS, 10AM-2PM &  
THURSDAYS, 12-5PM  
101 Main Street, Lyndonville  
802-626-1212

### H.O.P.E. Backpack Program

136 Church Street, Lyndonville  
For dates and times, call  
802-626-3228

### Kingdom Community Food Shelf

TUESDAYS & THURSDAYS,  
NOON-3:45PM  
36 Steeple Place, St. Johnsbury  
802-751-8581

### Lyndon Area Food Shelf

WEDNESDAYS, 10AM-2PM  
(NORTH OF ST.J)  
St. Peter's Parish Hall, 51 Elm Street,  
Lyndonville, 802-626-5705

### NEK Neighbors Helping Neighbors Food Shelf at Mtn View Apartments

4TH SATURDAY, MONTHLY,  
11AM-12:30PM  
Community Room  
125 Mtn View Drive, St. Johnsbury

### NEKCA

MONDAYS, TUESDAYS, THURSDAYS &  
FRIDAYS, 8:30AM-4PM  
WEDNESDAYS, 10AM-4PM  
115 Lincoln Street, St. Johnsbury  
802-748-6040

### Sid's Pantry

3RD SATURDAY, MONTHLY  
10AM-NOON & THE FOLLOWING  
THURSDAY, 4-6PM  
Concord School  
173 School Street, Concord

### The Open Door

MONDAYS, WEDNESDAYS & FRIDAYS,  
10AM-1PM  
29 Hill Street, Danville  
802-684-2515

### VeggieVanGo

3RD THURSDAY, MONTHLY, 10-11 AM  
NVRH, 1315 Hospital Drive,  
St. Johnsbury

### FREE MEALS-LUNCH

#### Grace Methodist Church

MONDAYS, 11AM-12:15PM  
36 Central Street, St. Johnsbury

#### Mustard Seed Soup Kitchen

TUESDAYS & THURSDAYS, 11AM-1PM  
178 Eastern Avenue, St. Johnsbury

#### Universalist Unitarian Church

SATURDAYS, 11AM-12:15PM  
Community take-out lunch/pick-up  
47 Cherry Street, St. Johnsbury

### FREE MEALS

#### Danville Congregational Church

3RD MONDAY, MONTHLY, 6PM  
Take-out available. Please call ahead  
87 Hill Street, Danville  
802-684-1151

### SENIOR MEAL SITES

#### Darling Inn

MONDAY-FRIDAY  
Call ahead to order meals for pick-up  
76 Depot Street, Lyndonville  
802-626-8700

#### Danville Senior Action Center

TUESDAY & THURSDAY LUNCH  
(CAN ORDER TAKE-OUT BY 9:30AM/  
PICK-UP BY 11AM/CAN EAT TAKE-OUT  
MEAL IN DINING ROOM)  
OVER 60 \$4.00 DONATION  
UNDER 60 \$5.00 DONATION  
Methodist Church, Danville  
802-684-3389

#### St. John the Evangelist Catholic Church

NEXT TO LAST TUESDAY,  
MONTHLY, 5-6PM  
1375 Main Street, St. Johnsbury

#### St. Johnsbury Meals on Wheels and Meal Site

MONDAY-FRIDAY, TAKE-OUT ONLY  
PLEASE CALL BY 10AM FOR  
NOON PICK-UP  
1207 Main Street, St. Johnsbury  
802-748-5467

#### West Barnet Meal Site

WEDNESDAYS & FRIDAYS  
11:30AM-12:30PM  
Presbyterian Church, West Main  
Street, Barnet, 802-633-4068

#### West Burke Community Center

MONDAYS, WEDNESDAYS  
& FRIDAYS, NOON  
212 School Street (around the  
back of the building), West Burke  
802-467-3423

### FOOD RESOURCES AND INFORMATION

#### 3SquaresVT (food stamps)

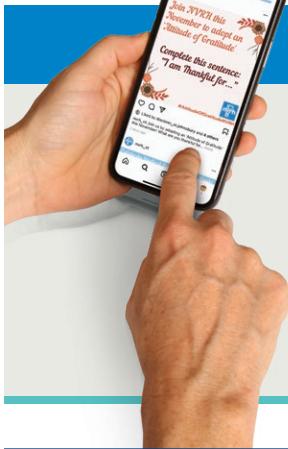
Apply online at [dcf.Vermont.gov/mybenefits](http://dcf.Vermont.gov/mybenefits) or call 1-800-479-6151 for a paper application.  
**Apply in person** at Economic Services Office, 1016 US Rt 5, St. Johnsbury

#### Community Connections

55 Sherman Drive, St. Johnsbury  
802-748-7526

#### WIC Supplemental Food

For income eligible new mothers, infants, and children.  
Vermont Department of Health,  
107 Eastern Ave., St. Johnsbury  
802-748-5151 or 1-800-952-2936



## Stay Connected with NVRH!

Follow  
Us on  
Social  
Media!



Follow us and tag us at [NVRHvt](https://www.facebook.com/NVRHvt)



Follow us and tag us at [nvrh\\_vt](https://www.instagram.com/nvrh_vt)



Search for us on [LinkedIn](https://www.linkedin.com/company/nvrh)



Follow us and tag us [@NVRHCareers](https://twitter.com/NVRHCareers)







Places to be active in our region. Check out these venues for walking, hiking, and biking. Many of these venues offer a variety of activities, both guided and self-guided, for people of all ages. Contact the venue for directions, information about hours of operation, fees, and services and amenities.

**Burke Mountain Resort\***

Seasonal recreation opportunities.  
[skiburke.com](http://skiburke.com)

**Caledonia Trail Collaborative**

Hiking, biking, walking, cross-country skiing, and snowshoeing.  
Rankin Trails: 560 Clark Rd, Danville  
NVRH Trails: 1315 Hospital Drive  
[caledoniatrailcollaborative.org](http://caledoniatrailcollaborative.org).

**Dog Mountain**

Open year round. Dogs and their humans welcome! 150 acres of open access land for walking or snowshoeing with your dog. No leash required but suggested. Dog Chapel and Stephen Huneck Gallery on-site.  
[Dogmt.com](http://Dogmt.com)

**Fenton W. Chester Ice Arena\***

The Kingdom's community ice rink & recreation center. Open and offering Public Skate, Stick & Puck, Skating Lessons, Girl's Hockey and much more!  
*For more information, call 802-626-9361, email [FentonChester2016@gmail.com](mailto:FentonChester2016@gmail.com) or visit [chesterarena.org](http://chesterarena.org).*

**Green Mountain Hiking Club, NEK Chapter**

Year-round hiking and trail work opportunities. [greenmountainclub.org/northeast-kingdom/](http://greenmountainclub.org/northeast-kingdom/)

**Kingdom Trails Association\***

4 seasons of biking and hiking trails.  
[kingdomtrails.org](http://kingdomtrails.org)

**Lamoille Valley Rail Trail**

St. Johnsbury to West Danville,  
Download map at [nvrh.org](http://nvrh.org) or [lvrt.org](http://lvrt.org)

**Lyndon Outing Club\***

Seasonal recreation opportunities.  
[skilyndon.com](http://skilyndon.com)

**Lyndon State Forest**

New Boston Rd., Lyndonville  
[fpr.Vermont.gov/lyndon-state-forest](http://fpr.Vermont.gov/lyndon-state-forest)

**Paths Around Lyndon**

Includes the Stevens Loop.  
Parking at the VT 122 & VT 122A Park & Ride, 9 Center St., Lyndonville  
[bit.ly/LyndonvilleMap](http://bit.ly/LyndonvilleMap)



**St. Johnsbury Parks & Recreation includes the Town Forest Trail Network**

[stjvt.com/st-johnsbury-vt-parks-and-recreation](http://stjvt.com/st-johnsbury-vt-parks-and-recreation)

**Walking and Biking Trails**

Year-round accessibility. Download maps at [nvrh.org/local-walking-maps/](http://nvrh.org/local-walking-maps/)

**Vermont State Parks**

Hiking, biking, swimming, bird watching and much more.  
[vtstateparks.com](http://vtstateparks.com)

*\*Fees may apply*



**Al-Anon**

SATURDAYS, 10AM  
United Community Church,  
1325 Main St., St. Johnsbury

**Alcoholics Anonymous**

WEDNESDAYS, NOON FOR WOMEN  
SATURDAYS, 10AM FOR ALL  
Kingdom Recovery Center, 297 Summer St., St. Johnsbury, 802-751-8520

**Bariatric Surgery Support at NVRH**

For more information, call Sharon Anderson at 802-748-7433.

**Bereavement Support**

1ST MONDAY 6PM: SPOUSES  
2ND MONDAY 6PM: PARENTS WHO HAVE EXPERIENCED DEATH OF A CHILD AT ANY AGE  
3RD MONDAY 6PM: ANY LOVED ONE  
Sponsored by Caledonia Home Health & Hospice, St. Johnsbury  
802-748-8116

**Caregivers Support Group**

LAST MONDAY, MONTHLY, 6-7:30PM  
NEK Council on Aging,  
481 Summer St., St. Johnsbury  
For more information, call 802-751-0427.

**Crisis Hotlines (24/7)**

National Suicide Prevention Lifeline: 1-800-273-8255  
VT Resource Connection Line: 2-1-1

**Diabetes Support**

EVERY TUESDAY, 5-6PM  
MEETS VIRTUALLY  
To register or for more information, call or text 802-274-8901 or email [CDCES@nchcvt.org](mailto:CDCES@nchcvt.org).

**Kingdom Recovery Center**

297 Summer St., St. Johnsbury  
802-751-8520

**Kinship Care**

1ST MONDAY, MONTHLY, 5:30-7PM  
NEK Council on Aging, 481 Summer St., St. Johnsbury, 802-751-0427

**Mental Health Advocacy Day**

MONDAY, JANUARY 31, ONLINE  
Meet with legislators, learn about mental health policy, and advocate for positive change! For more information, call 800-639-6480 or visit [namivt.org](http://namivt.org).

**Mom in Recovery Program**

Kingdom Recovery Center. For more information, call 802-751-8520.

**NAMI Vermont Connection Peer Support Group**

MONDAYS, 7-8:30PM & THURSDAYS, 3-4:30PM  
For individuals living with a mental health condition. For more information, call 800-639-6480 or visit [namivt.org](http://namivt.org).

**NAMI Vermont Family Support**

3RD WEDNESDAY MONTHLY, 5:30-7PM  
By telephone or virtual. For family members of individuals living with a mental health condition.  
For more information, call 800-639-6480 or visit [namivt.org](http://namivt.org).

**Narcotics Anonymous**

SUNDAYS, 10-11AM  
Kingdom Recovery Center, 297 Summer St., St. Johnsbury, 802-751-8520

**NKHS: Northeast Kingdom Human Services Support Lines**

Parent Support, 24/7, 802-749-1111  
Recovery Support, 8:30AM-5PM, 802-749-1112  
Emotional Support, 8:30AM-5PM, 802-749-1113

**The Northeast Prevention Coalition**

3RD TUESDAY, MONTHLY, 3-4PM  
Coming together to support prevention and education for youth, as well as all ages, concerning substance use, misuse and abuse. Actively recruiting for new members, including youth!  
To join our next coalition meeting, call Christina Plazek at 802-748-7551 or email [npc@nvrh.org](mailto:npc@nvrh.org)

**Overeaters**

**Anonymous**

WEDNESDAYS, 6-7PM OVER ZOOM  
Go to [www.oavermont.org](http://www.oavermont.org) – then Meeting List (local meetings)  
Look for St. Johnsbury and then connect with Link/Meeting ID and Password.

**Parkinson Support Group**

For more information, call 802-748-8074 or email [bhadash@sover.net](mailto:bhadash@sover.net).

**Support for Youth**

Volunteers are always needed for area youth of all ages.  
For more information, contact NEK Youth Services/Restorative Justice Services at [nekys@nekys.org](mailto:nekys@nekys.org), [www.nekys.org](http://www.nekys.org) or 802-748-8732.

**Survivors of Abuse**

Hotline supporting individuals who have experienced intimate partner violence or sexual violence. Umbrella, Inc. 802-748-8645

**Umbrella: Circles Support Group**

TUESDAYS, 11AM-NOON  
For Survivors of Sexual and Domestic Violence.  
For more information, call 802-748-1992.

**VT Association for the Blind and Visually Impaired: Lyndon PALS Group**

For more information, call Ferne Loomis at 802-695-8149 or Andrea Hershberg 1-800-639-5861, ext. 214.

**NORRIS COTTON CANCER CENTER VIRTUAL SUPPORT**

Please sign up by contacting Patient and Family Support Services at [cancersupport@hitchcock.org](mailto:cancersupport@hitchcock.org) or call 603-650-7751 and they will send you a link. For additional classes and support services go to: <https://cancer.dartmouth.edu/patients-families/support-services>.

**Caring for Someone with Serious Illness**

1ST TUESDAY, MONTHLY, 4-5:30PM  
For all loved ones caring for someone with any type of serious illness.

**Leukemia, Lymphoma & Myeloma Support**

2ND WEDNESDAY, MONTHLY, 3:30-4:30PM  
For patients with any type of blood cancer at any stage and their supporters.

**Living with Cancer Support**

2ND & 4TH THURSDAY, MONTHLY, 4:30-6PM  
For patients with any type of cancer in treatment and beyond and their supporters.

**Metastatic Breast Cancer Support**

1ST WEDNESDAY, MONTHLY, 2:30-4:30PM  
Support and education for patients with Stage IV breast cancer.

**Melanoma Support**

1ST TUESDAY, MONTHLY, 5:45-7PM  
For patients with any stage of melanoma.

**Prostate Cancer Support Group**

4TH MONDAY, MONTHLY, 5:30-7PM  
Support and education for men and their partners at any stage of prostate cancer.

**Thriving After Breast Cancer Support**

3RD WEDNESDAY, MONTHLY, 5-6PM  
For women beyond their initial treatment for breast cancer.