



Choosing Health

Northeastern Vermont
Regional Hospital

January–March 2023

HealthyChoices

Public Wellness Programs brought to you by Northeastern Vermont Regional Hospital | 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.



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 info, call Cardiac Rehabilitation at 802-748-7401.



Chronic Disease Management Workshop
FREE | 6 WEEK SERIES
This is an evidence-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 info 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 info or to register, call Jen at 802-748-9405 ext. 1026.



Diabetes Prevention Program
FREE | 12-MONTH PROGRAM
You can prevent type 2 Diabetes! The DPP 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 info or to register, call Jen at 802-748-9405 ext. 1026.

Diabetes Management Program
FREE | 6 WEEKS
The Diabetes Management Program is a 6-week evidence-based, small group program to help you monitor and manage your diabetes. Please note: This group is for adults age 18 or older who have been diagnosed with type 2 diabetes.
For more info or to register, call Jen at 802-748-9405 ext. 1026.



Babysitter Training
SPRING 2023
ONE DAY WORKSHOP (SATURDAY, DATE TBD)
For all individuals ages 11–15.
This basic childcare training is designed to provide safety skills and the confidence needed to be a great babysitter.
To join the waitlist, call NVRH Community Connections at 802-748-7526.
The \$20 registration fee includes snacks, lunch, and a certificate of completion.

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 info or to register, call Jen at 802-748-9405 ext. 1026.



Health Coaching for Hypertension Control
FREE | Health Coaching for Hypertension Control (HCHC) is a 9-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 info or to register, call Jen at 802-748-9405 ext. 1026.



Heat Squad and NVRH
We are supporting affordable home energy audits for the first 20 qualified households in the NEK, bringing the cost from \$150 to just \$50.
For more info, call 802-438-2303 or visit heatsquad.org.



NEK Kicks
Are you in need of athletic shoes for children or adults?
Do you have new or gently worn athletic shoes to donate?
Visit Northern Physical Therapy at 596 Main St., Lyndonville.

The Northeast Prevention Coalition
3RD TUESDAY, MONTHLY, 3–4:30PM
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 Carolyn Towne at 802-748-7551 or email c.towne@nvrh.org.

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.



Want to access this HealthyChoices newsletter online? Scan the QR code!



community partners

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

Caregiver Support from the NEK Council on Aging

Caregiving is very personal and it can be challenging, demanding, and rewarding work. Whether you are new to caregiving or looking for helpful resources, the NEKCOA and community partners offer support that helps caregivers care for loved ones at home for as long as possible:

- one-on-one personal support
- monthly support groups for caregivers and grandparents raising children
- respite grants for caregivers
- dementia care and support
- Trualta—an e-learning platform available 24/7 for caregivers.

For more info, call Karen Desrochers, Director of Client and Caregiver Support at 802-751-0417 or visit nekco.trualta.com.

Rock Steady Boxing NEK

\$55 MONTH | 101 MAIN ST, LYNDONVILLE
TUESDAY & THURSDAY 9-10:30AM, 10:30AM-12PM, 12-1:30PM. 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.

St. Johnsbury Academy Adult Education

New year, new you! St. Johnsbury Academy Adult Education is offering a wealth of courses, including EMT, leadership, culinary arts, automotive maintenance, and national code update for licensed electricians. *Course offerings change frequently, so visit StJAcademy.org.* For more info, call 802-751-2314.



Calex CPR and First Aid

ONLINE CLASSES | Go to 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, or visit calexambulance.org.

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.

Lyndon Rescue, Inc. CPR & First Aid Courses

\$45 EACH CLASS | American Heart Association classes designed for healthcare teams and community members. CPR includes Automated External Defibrillator training. The First Aid course/certification is for community members. Learn how to help in various medical emergencies. For more info on upcoming classes, call 802-626-1101 or email jillian@lyndonrescue.net.



NEKCA Head Start & Early Head Start Programs

OPEN ENROLLMENT FOR CALEDONIA, ORLEANS, AND ESSEX COUNTIES
Head Start: Join the center-based, 5 star programs. Children ages 3–5 who meet eligibility requirements may attend. Focus is on early learning and development, health, and overall family well-being.
Early Head Start: Join the home-based, home visiting program. Expectant mother and children birth–3 who meet eligibility can join. Focus is on child development, the parent-child relationship and overall family-well being. Two playgroups a month. For more info, email fce@nekavt.org or fill out the online pre-app myheadstart.com/pre-app?globalid=5841

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 info, call 802-751-2305 or visit stjacademy.org/recfit for a full schedule.



SOMETHING FOR OLDER ADULTS



Associates for Training and Development - A4TD

Unemployed? Over 55+? Community minded? Do you live in the NEK? Caledonia County? St. J.? Training is paid. For more info, call the St. J. office at 802-748-8635, 800-439-3007 or visit A4TD.org.

Good Living Senior Center

1207 MAIN ST., ST. JOHNSBURY (ST. JOHNSBURY HOUSE)
A senior activities center for adults 50+. Visit stjgoodliving.org to view the website and a monthly calendar of events. For more info, call 802-748-8470.

NEK Council on Aging

Fall Prevention Programs to help people age with dignity and independence. Classes include:

- Line Dancing
- Tai Chi
- A Matter of Balance
- The Arthritis Foundation Exercise Program
- And many more!

For more info, visit nekcouncil.org or call 1-800-642-5119.



Quahog Dance Theatre

FREE | TUESDAY & THURSDAY 10-11:30AM
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 info and pre-sign ups, call NEK Council on Aging 802-748-5182.

FITNESS, DANCE, YOGA & MORE

Artemis Yoga Studio

RECFIT, THURSDAYS, 5:30PM AND PRIVATE STUDIO
sunnykapp78@gmail.com
802-424-1038, St. Johnsbury

Atlas Training Systems

atlastrainingsystems.net
802-272-8091, St. Johnsbury

Dance Express

802-748-1101, St. Johnsbury

Dance Workshop

danceworkshopvt.com
802-535-8484, Lyndonville

Fitness Jungle

fitness-jungle-llc.com
860-705-9180, St. Johnsbury

Fitness Unbound

fitnessunbound.com
802-274-3277, St. Johnsbury

Heart Space Yoga

heartspaceyogacenter.com
802-626-3398, St. Johnsbury

Kilos Performance & Fitness

kilosperformanceand-fitness.com 802-427-3007, Lyndonville

Kingdom Gymnastics

kingdomvtgymnastics.com
802-748-7898, St. Johnsbury

Lindsey B. Scott Wellness

Linzbjam@gmail.com
802-274-1067, Hardwick

NEK Cycling Studio

nekcyclingstudio.com
802-279-7756, Lyndonville

Pilates by Heidi

Find us on Facebook
802-535-8505, St. Johnsbury

RecFit

stjacademy.org/recfit
802-751-2305. Follow them on Facebook at RecFitStJ, St. Johnsbury

St. Johnsbury Academy Field House Pool

ADULT SWIM 18+: M,W,F 6AM-3PM T&TH 6AM-6PM, SAT 8AM-3:30PM
FAMILY SWIM ONLY: SAT & SUN 12-3:30PM W/LIFEGUARD
Private sessions can happen anytime the pool is open. Hours subject to change: weather, school etc.

For more info or call ahead 802-748-8683 between 6AM-3PM, St. Johnsbury

The St. Johnsbury Center for Well Being

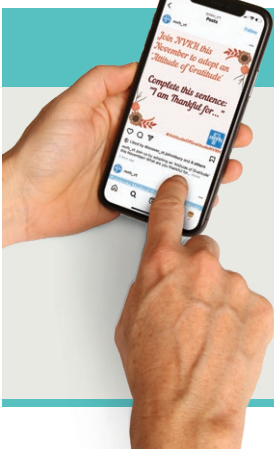
vermont-counseling-yoga.com
802-748-1516, St. Johnsbury

Stadium Fitness

stadiumfitness.com
802-535-0773, Danville

Trail2Wellness

trail2wellness.com
802-793-0838, East Burke



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)



MIND, BODY & SPIRIT

Creative Healing & Fitness

LYNDONVILLE
Check online for classes in dance, fitness (including Pilates), Tai Chi, yoga, and massage. All are welcome.
For more info, call Diane Matthews at 802-626-4202, or visit creativehealingandfitness.com.

Essentially Vermont Wellness Spa

LYNDONVILLE
Orthopedic massage for injury, alignment and pain reduction.
Find them on Facebook.
For more info, call Tracy Gilman at 802-473-8906, or email tgilman66@gmail.com.

Gentle Chair Yoga Class

FREE | 12-WEEK SESSION
MONDAYS, JANUARY 9- MARCH 27
These gentle and fun classes will teach controlled breathing and simple movements. Patients, survivors and caregiver(s) welcome. Offered virtually by the Dartmouth Cancer Center and taught by Alicia Armstrong, RYT 500.
Registration required. For information or to register, call 603-650-7751.



↑ Heart Space Healing Collaborative

ST. JOHNSBURY
We are a group of holistic healing practitioners that offer yoga, nurse coaching, Reiki, Pilates, massage, mental health counseling and trauma informed healing.
For more info, visit our “Practitioner Page” HeartSpaceYogaCenter.com.

Holistic Heart Nurse

“I empower you to reclaim your health and wellness, heal from the inside out and become the best version of yourself.” Karri Willy, RN, Board Certified Nurse Coach.
For more info, email Karri Willy at karri@holisticheartnurse.com or visit www.holisticheartnurse.com.

Life InSight Coaching & Consulting

“Any kind of dilemma or problem, I help you find your own best solutions.”
Alice S. Kitchel, ACC, PhD.
For more info, call Alice Kitchel at 802-684-3412 or email alice@lifeinsightcoachvt.com.

Massage in the Northeast Kingdom

ST. JOHNSBURY
For more info, call Marybeth Anderson at 802-424-6629 or visit 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 info, call Diane Willson at 802-535-6194 or visit medicinewheelwellbeing.com.

Sweetwater Studios
EAST BURKE
Yoga, wellness classes, and workshops offered year round.
For more info, call Karen Kennedy 802-535-5876 or email 135.sweetwater@gmail.com or visit sweetwaterstudiosyoga.com.

Whirling Rainbow
ST. JOHNSBURY
EFT & Wellness: EFT tapping, Reiki & Lifepath, a 6-week healing journey of self-discovery! Holistic Healers Guild: Tari Gingue, Life Coach, incubator space available.
For more info, call Steve Kline at 585-734-2848, or email Kline503@hotmail.com.



AREA FOOD RESOURCES

**FOOD SHELVES/
FOOD PANTRIES**
**Community Fridge
at St. Andrew’s**
St. Andrew’s Episcopal Church
Parking Lot 24/7
1265 Main Street, St. Johnsbury

H.O.P.E. Backpack Program
TUESDAYS-FRIDAYS, 10AM-5PM
CLOSED SUNDAY & MONDAY
136 Church Street, Lyndonville
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
**Neighbors in Action:
Lyndonville Food Pantry**
THURSDAYS, 10AM-5PM
101 Main Street, Lyndonville
802-626-1212

**NEK Neighbors Helping
Neighbors Food Shelf at
Mtn View Apartments**
**4TH SATURDAY, MONTHLY,
10:30AM-12PM**
Community Room
125 Mtn View Drive, St. Johnsbury

NEKCA
**MONDAYS, TUESDAYS,
THURSDAYS & FRIDAYS, 8:30AM-4PM**
WEDNESDAYS, 10AM-4PM
115 Lincoln Street, St. Johnsbury
855-663-5224

Sid’s Pantry
**2ND SATURDAY, MONTHLY
10AM-NOON**
Concord Health Center
201 East Main Street, Concord

The Open Door
**MONDAYS, WEDNESDAYS &
FRIDAYS, 10AM-1PM**
Danville Ecumenical Community
Center, 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,
802-748-2895
Mustard Seed Soup Kitchen
TUESDAYS & THURSDAYS, 11AM-1PM
178 Eastern Avenue, St. Johnsbury,
802-748-9870
Universalist Unitarian Church
SATURDAYS, 11AM-12:15PM
Community take-out lunch/pick-up
47 Cherry Street, St. Johnsbury,
802-748-2442

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, 11AM-12:30PM
Call ahead to order meals for pick-up
and home delivery available.
76 Depot Street, Lyndonville
802-626-8700

**Danville Senior
Action Center**
**TUESDAY & THURSDAY LUNCH
11:30AM-12PM**
**(CAN ORDER TAKE-OUT BY 9:30AM/
PICK-UP BY 11AM/CAN EAT TAKE-OUT
MEAL IN DINING ROOM)**
OVER 60 \$4 DONATION, UNDER 60 \$5
Methodist Church, 89 Park Street,
Danville, 802-684-3389
**St. John the Evangelist
Catholic Church**
**NEXT TO LAST TUESDAY,
MONTHLY, 5-6PM**
49 Winter Street, St. Johnsbury,
802-467-3019

**St. Johnsbury Meals
on Wheels and Meal Site**
MONDAY-FRIDAY, 10AM-12PM
Congregate, home delivery,
and pick-up/take-out meals.
1207 Main Street, St. Johnsbury
802-748-5467

West Barnet Meal Site
**WEDNESDAYS & FRIDAYS
11:30AM-12:30PM**
Presbyterian Church, 279 West Main
Street, Barnet, 802-633-4068 (day of).
802-535-7860 or 603-638-4002 (any
other time).

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

**FOOD RESOURCES
& INFORMATION**
3SquaresVT (food stamps)
Apply online at <https://dcf.vermont.gov/esd/applicants/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., Suite 9,
St. Johnsbury, 802-748-5151 or
1-800-952-2936
healthvermont.gov/local/st-johnsbury



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.*



St. Johnsbury Community Hub
The Hub offers a safe, welcoming, fun, diverse, energetic space where you can meet new and familiar neighbors.
For more info and a calendar of events, call 802-424-1134, email stjcommunityhub@gmail.com, or visit stjcommunityhub.org.

get outdoors

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

Caledonia Trail Collaborative
Hiking, biking, walking, cross-country skiing, and snowshoeing.
Rankin Trails: 560 Clark Rd, Danville
NVRH Trails: 1315 Hospital Drive.
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

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 info, call 802-626-9361, email FentonChester2016@gmail.com or visit chesterarena.org

Green Mountain Hiking Club, NEK Chapter
Year-round hiking and trail work opportunities. greenmountainclub.org/northeast-kingdom/

Kingdom Trails Association*
4 seasons of biking and hiking trails.
kingdomtrails.org

Lamoille Valley Rail Trail
St. Johnsbury to West Danville,
Download map at
nvrh.org/local-walking-maps/

Lyndon Outing Club*
Seasonal recreation opportunities.
skilyndon.com

Lyndon State Forest
New Boston Rd., Lyndonville.
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



St. Johnsbury Parks & Recreation includes the Town Forest Trail Network
stjvt.com/st-johnsbury-vt-parks-and-recreation

Walking and Biking Trails
Year-round accessibility. Download maps at nvrh.org/local-walking-maps/

Vermont State Parks
Hiking, biking, swimming, bird watching and much more.
vtstateparks.com

**Fees may apply*

support groups

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

Alcoholics Anonymous
FOR WOMEN: WEDNESDAYS, NOON
FOR ALL: SATURDAYS, 10AM,
MONDAYS & WEDNESDAYS 5:30PM,
FRIDAYS 7:00PM
Kingdom Recovery Center,
297 Summer St., St. Johnsbury,
802-751-8520

Bariatric Surgery Support at NVRH
This support group is for anyone who is considering, preparing for, or has had bariatric surgery. *For more info, call Sharon Anderson at 802-748-7433.*

Bereavement Support
1ST & 3RD MONDAYS, 6-7:30PM
SPOUSES, PARTNERS, & SIGIFICANT OTHERS
MASKS REQUIRED
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 info, call 802-751-0427.

Diabetes Support
EVERY TUESDAY, 5-6PM, MEETS VIRTUALLY
To register or for more info, call or text 802-274-8901 or email CDCES@nchcvt.org.

↓ **Kingdom Recovery Center**
297 Summer St., St. Johnsbury
802-751-8520



KINGDOM RECOVERY CENTER

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

Mental Health Crisis Hotlines (24/7)
National Suicide Prevention Lifeline
Call or text 9-8-8
Chat @<https://988lifeline.org/chat>
Or call 1-800-273-8255 or "741741."
VT Resource Connection Line: 2-1-1
www.facingsuicidevt.com

NAMI Vermont Connection Peer Support Group
MONDAYS, 7-8:30PM
1ST & 3RD TUESDAYS, 4-5:30PM
THURSDAYS, 3-4:30PM
For individuals living with a mental health condition. *For more info, visit namivt.org/support-groups or call 800- 639-6480.*

NAMI Vermont Family Support
3RD WEDNESDAYS, MONTHLY, 5:30-7PM
By telephone or virtual. For family members of individuals living with a mental health condition. *For more info and additional times, call 800-639-6480 or visit namivt.org.*

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

↓ **Northeast Kingdom Youth Services**
63 EASTERN AVE, ST. JOHNSBURY
Northeast Kingdom Youth Services serves youth and young adults 12-24



NEKYS' NEW ADDRESS AT 63 EASTERN AVE

that are struggling with community, school, health, and family challenges or are in need of added support as they transition to adulthood. We also offer a LGBTQIA+ group called the "Kiki Club."
For information 802-748-8732 or visit nekys.org.

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

Parents in Recovery Group
FRIDAYS, 1PM
Kingdom Recovery Center.
For more info about our Parents in Recovery Group or Parents in Recovery Program call 802-751-8520.

Parkinson Support Group
3RD FRIDAY, MONTHLY, 10:30AM
Danville Community Center,
50 US Route 2, Danville.
For more info, call Dan and Mary Swainbank at 802-535-0031 or email swainbank@danvillevt.net.

Survivors of Suicide Loss
3RD WEDNESDAY, MONTHLY
6-7PM VIA ZOOM
If you have recently lost a loved one to suicide, there is help from others who, like you, have experienced this tragedy. This support group is open to all family members and friends.
For more info and the Zoom link, contact Jane Paine at 802-888-4651 or jpaine@lhha.org or Monique Reil at 802-888-5026.

Umbrella 24-Hour Hotline
Hotline supporting individuals who are experiencing domestic or sexual violence. Umbrella, Inc. 802-748-8645

VT Association for the Blind and Visually Impaired: Lyndon PALS Group
3RD MONDAY, MONTHLY 10AM-2PM
AMERICAN LEGION POST 30,
RT.5 LYNDONVILLE
Bring lunch or take out.
For more info and RSVP, call Ferne Loomis at 802-695-8149 or Andrea Hershberg 1-800-639-5861, ext. 214.

DARTMOUTH CANCER CENTER VIRTUAL SUPPORT

Please sign up by contacting Complementary Care Program at 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, 4-5PM
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, 5:30-6:45PM
For patients with any type of cancer in treatment and beyond.

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

Prostate Cancer Support Group
4TH MONDAY, MONTHLY, 5:30-6:30PM
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.