



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.



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 Leithead at 802-334-3208. ✓

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 Leithead at 802-334-3208. ✓

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 Leithead at 802-334-3208. ✓



Heat Squad and NVRH
We are supporting affordable home energy audits for the first 10 qualified households in the NEK, reducing the cost by 50%.
For more info, call 802-438-2303 or visit heatsquad.org.



Volunteers needed!

Volunteering at NVRH is good for your health! Just a few hours of time helps you:

- Stay social
- Give back
- Get exercise
- Meet people
- Form new friendships

 **Scan here to learn more about volunteering or call 802-748-7310.**



NVRH SPONSORED CLASSES

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



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 569 Main St., Lyndonville.

The Northeast Prevention Coalition
3RD TUESDAY, MONTHLY, 3–4PM, VIRTUAL
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 Susanne Lesnik-Emas at 802-748-7356, email s.lesnik@nvrh.org or check out our website npcvt.org.

Quit Smoking Workshop
FREE | If you are using tobacco products and want to quit, we can guide and support you. Over the course of four 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 find ways to manage your stress and cravings.
For more info or to register, call Jen Leithead at 802-334-3208. ✓



✓ **These programs are offered in conjunction with My Healthy Vermont**

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.



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 Leithead at 802-334-3208. ✓

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 Leithead at 802-334-3208. ✓



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



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
- respite vouchers 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 9:30-11AM, 11AM-12:30PM, 12:30-2PM. 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.

St. Johnsbury Academy Adult Education

New Year! New You! New Level 1 and Level 2 leadership series with Dr. Dubuque starting in January. New spring classes updated regularly. Check the [SJA Adult Education website](#) and sign up today. Have questions or need 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, & 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 mothers 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@nekcavt.org or fill out the online pre-app myheadstart.com/pre-app?globalid=5841



Catamount Arts

Offering a variety of classes and special opportunities throughout the year. For more info, visit 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 info, call 802-751-2305 or visit 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 to view the website and a monthly calendar of events. For more info, call 802-748-8470 or email goodliving@vtlink.net.

Associates for Training and Development - A4TD

A4TD offers paid employability skills experiences to those 55+, low income, unemployed individuals. A4TD places mature workers in non-profit community-based programs for training for 20 hours weekly. For more info, call 802-370-6161 or visit A4TD.org.

GetSetUp FREE | VIRTUAL

GetSetUp is an e-learning community offering hundreds of free online classes created by and led by older adults. Learn about cooking, travel, wellness, technology, and so much more. Visit Vermont Association of Area Agencies on Aging GetSetUp at www.getsetup.io/partner/vermont to register.

NEK Council on Aging

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

- Line Dancing
- Tai Chi
- Quahog Dance Theater
- Chair Yoga
- The Arthritis Foundation Exercise Program
- And many more!

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

FITNESS, DANCE, YOGA & MORE

Artemis Yoga Studio

ARTEMIS, TUESDAYS, 10AM & SUNDAYS, 3:30PM
REC FIT, THURSDAYS, 5:30PM
sunnykapp78@gmail.com
802-424-1038, St. Johnsbury

Atlas Training Systems

atlastrainingsystems@gmail.com
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

Kilos.Fitness 802-427-3007,
KilosVT@gmail.com
Lyndonville

Kingdom Gymnastics

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

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

SHINE Dance Fitness™

creativehealingandfitness.com
802-626-4202, Lyndonville

St. Johnsbury Academy Field House Pool

ADULT SWIM 18+: M & W 6AM-8PM
T & TH 6AM-3PM AND 6PM-8PM (CLOSED 3-6PM)
F 6AM-5PM, SAT 8AM-4PM
FAMILY SWIM ONLY (WITH LIFEGUARD): SAT 12-4PM
SUN CLOSED
Private sessions can happen anytime the pool is open. Hours subject to change: weather, school etc. For more info or call ahead for lifeguard hours 802-748-8683, St. Johnsbury

Stadium Fitness

stadiumfitness.com
802-745-8773, Danville

Trail2Wellness

trail2wellness.com
802-793-0838, Lyndonville

DO YOUR PART

Prescription Drug Lock & Disposal Options

How to safely store and get rid of unwanted medications.

Store your medications in a lock box or locked medicine cabinet.

To obtain a free bag, call NVRH Community Connections at 802-748-7526 or visit, 55 Sherman Drive, St. Johnsbury.

Drop off unused medication at a local kiosk.

Scan this code to find a kiosk near you. →

Mail unused medication in a pre-paid mailing bag.

To obtain a free mailing bag call The NEK Council on Aging at 802-748-5182 or visit, 481 Summer Street, St. Johnsbury.



Counselor & Functional
Medicine Health Coach

Learn how to talk with your doctors to get the best results. *For more info, call Janet Heartson 802-633-3810 or visit <https://heartsons.com/wp/>*

Creative Healing & Fitness

LYNDONVILLE
Offering group classes in dance, aerobic fitness, Pilates, Tai Chi, and yoga. Recurring holistic workshops. Individual massage appointments. *For more info 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
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 info or to register, call 603-650-7751.*

Gentle and
Restorative Yoga

ST. JOHNSBURY, HEART SPACE YOGA STUDIO
THURSDAYS 6-7PM | BY DONATION
This class can be beneficial for anxiety, stress, depression, and trauma. For all bodies, no experience needed, no hands-on assists. *For more info, call 802-748-2134 or email micheleauthier@gmail.com*

Heart Space
Healing Arts Collective

ST. JOHNSBURY
Fourteen qualified holistic health practitioners dedicated to supporting the health and wellness of individuals and organizations within our community. *For more info, call Andrea or Karri at 802-424-0039 or visit heartspacehc.com.*

HeArt’s Path Art Therapy

ST. JOHNSBURY
Find your heart’s transformative path through Art Therapy. Group/Individual sessions focused on a variety of personal improvement goals. *For more info, email or text Tina Gorman at kgorman@rootstorenewal.org or 802-333-0306.*



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. #COMMUNITYSTARTSHERE*

Holistic Heart Nurse

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

Karmé Chöling

BARNET | FREE | MEDITATION, 9AM & 5:30PM M-F ARRIVE 15 MIN. EARLY.
For free meditation instruction, contact us at info@karmecholing.org or visit <https://www.karmecholing.org/>

Life InSight Coaching
& Consulting

Any kind of dilemma or problem, I help you find your own best solutions. Try a free ½ hour session to see how coaching works. *For more info, call Alice Kitchel, ACC, PhD, at 802-684-3412 or email alice@lifeinsightcoachvt.com.*

Massage in the
Northeast Kingdom

NEWARK
For more info, call Marybeth Anderson at 802-424-6629 or visit marybethanderson.massagetherapy.com.

Master Her Health

I help women balance energy, build confidence, and feel amazing in their body & mind. Free 7 day meal plan at master-her-health.ck.page/fe9ab63a38 *For more info, email Stephanie Smith at stephanie@masterherhealth.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.*

The St. Johnsbury
Center for Well Being

ST. JOHNSBURY
vermont-counseling-yoga.com
802-748-1516



Caledonia and
Southern Essex
Accountable
Health Community

NVRH is a member of NEK Prosper!, which “leverages relationships and collaborative action to build community health equity.” *Learn more and check out the calendar of community events at nekprosper.org.*



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.

TUESDAYS-FRIDAYS, 10AM-5PM
CLOSED SAT, SUN & MON
136 Church Street, Lyndonville
802-626-3228

Kingdom Community
Services 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 Mission, 51 Elm Street,
Lyndonville, 802-626-5705 or
802-626-5586

Neighbors in Action

1ST & 3RD FRIDAYS, 10:30AM-12:30PM
Food Share Box-Pick Up
2ND & 4TH FRIDAYS
SHOP FOR PERISHABLES, 9-11AM
COMMUNITY LUNCH, 11AM-1PM
101 Main Street, Lyndonville
802-626-1212

NEKCA

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

SHARES Corporation

MONDAY, TUESDAY, THURSDAY
1PM-4PM
FRIDAY 9AM-4PM
SATURDAY 9AM-2PM
45 Depot Street, Lyndonville
802-427-3392

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 United
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

United Community Church

WEDNESDAYS & FRIDAYS,
11AM-12:15PM
1325 Main Street, St. Johnsbury
802-748-2603

Universalist Unitarian
Meeting House

SATURDAYS, 11AM-12:15PM
Community eat in or take-out
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-NOON (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-NOON
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 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

Looking for more information on food access?

Visit or click here nekavt.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 Swanton,
Four season multi use trail.
bit.ly/3FXTK6k

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
<https://rb.gy/kze79>

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

Abiding Ties Pet Loss Support Group
3RD TUESDAY, MONTHLY, 6-7:30PM
NVRH CONF. RM. 126/127-MAIN ENTRANCE
Share stories and to connect with people who understand the experience of pet loss.
For more info, call Linda Moore at 802-751-5239 or chaplain@abidingties.org

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

Alcoholics Anonymous
ST. JOHNSBURY
WOMEN: WEDNESDAYS, NOON
FOR ALL: SATURDAYS, 10AM, MONDAYS & WEDNESDAYS 5:30PM, FRIDAYS 7PM
Kingdom Recovery Center, 297 Summer St.
FOR ALL: MONDAY-FRIDAY, NOON
United Community Church, 1325 Main St.
For more info, 802-334-1213 or visit AAVT.org

Alzheimer's Caregiver Support Group
2ND MONDAY, MONTHLY, 5-6:30PM
NEK Council on Aging,
481 Summer St., St. Johnsbury
For more info, call 802-751-0427.

Bereavement Support
1ST & 3RD MONDAYS, 6-7:30PM
For spouses and partners. Sponsored by Caledonia Home Health & Hospice St. Johnsbury 802-748-8116

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**
OPEN MONDAY-FRIDAY 8AM-2PM | FREE
Peer Recovery Support Services
297 Summer St., St. Johnsbury 802-751-8520

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

NAMI Vermont Connection Peer Support Group
2ND & 4TH MONDAYS, 7-8:30PM
BY TELEPHONE OR VIRTUAL
THURSDAYS, WEEKLY 6-7:30PM
VIRTUAL OR IN BARRE
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/support-groups.*

Narcotics Anonymous
ST. JOHNSBURY
SUNDAYS, 10-11AM, THURSDAYS, 7-8PM
Kingdom Recovery Center,
297 Summer St. *For more info, 866-580-8718 or visit NA.org*

Northeast Kingdom Youth Services
63 EASTERN AVE, ST. JOHNSBURY
Serving youth and young adults 12-24 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 info 802-748-8732 or visit nekys.org.

Overeaters Anonymous
WEDNESDAYS, 6:30PM BY ZOOM
SATURDAYS, 9AM IN PERSON OR ZOOM
NVRH CONF. RM. 126-MAIN ENTRANCE
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 Program
ALL RECOVERY: MONDAYS, 9:30AM
SEEKING SAFETY: WEDNESDAYS, 11AM
PARENTS IN RECOVERY: FRIDAYS, 1PM
Kingdom Recovery Center.
For more info call 802-751-8520.

Parkinson Support Group
3RD FRIDAY, MONTHLY, 10:30AM
Jan & March: NVRH Conf. Rm.126, Use Main Entrance - St. Johnsbury.
Feb: 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.

Starting Over Strong Vermont (SOS-VT)
FREE | ANONYMOUS
This program is a disaster recovery program designed to support flood survivors through community outreach and access to mental health resources. SOS-VT is a program that helps people recover and rebuild their lives after a disaster. *For more info, call 211 today! In the NEK VT contact 802-424-5368, email community_support@nkhs.net or visit mentalhealth.vermont.gov/sosvt*


Survivors of Suicide Loss
3RD WEDNESDAY, MONTHLY 6-7PM, ZOOM
If you have recently lost a loved one to suicide, there is help from others who, like you, have experienced this tragedy. *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.

Umbrella Domestic Violence & Substance Misuse Support
FRIDAYS, 10:30-11:30AM
Umbrella, 1330 Main Street, St. Johnsbury.
For more info, call Chantelle at 802-748-1992 ext.312 or email Chantelle@umbrellanek.org

VT Assoc. for the Blind and Visually Impaired: NEK PALS
1ST & 3RD MONDAY
ALL VISUALLY IMPAIRED WELCOME
For more info, call Ferne Loomis at 802-695-8149.

Walking in Hope
UNION BAPTIST CHURCH,
932 US RT. 5, WATERFORD
Faith-based group offering support, encouragement, hope and renewal to women who have been or may be in an abusive relationship. *For more info, call Helen at 802-745-8923 or confidential email betrayalandbeyond@ubcstj.org. For other programs visit ubcstj.org*

Warm Line, The Spark
10AM-10PM, EVERY DAY OF THE YEAR
802-613-0375, thesparkvt.org
 An anonymous and confidential resource available to anyone working towards safety in relationships. Have you caused harm? Need help to change? Call The Spark, where healing and change ignite.

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: cancer.dartmouth.edu/patients-families/complementary-care-program.

Caring for Someone with a 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 individuals beyond their initial treatment for breast cancer.