



Choosing Health

Northeastern Vermont Regional Hospital

April–August 2022

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.



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.*



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

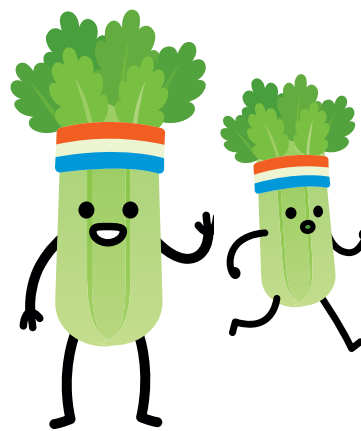


Heat Squad and NVRH

We are supporting affordable home energy audits for the first 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.*

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.*




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 information or to register, please 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 information or to register, call Jen at 802-748-9405 ext. 1026.*



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 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.*

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.



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 information, call Karen Desrochers, Director of Client and Caregiver Support at 802-751-0417 or visit nekcoa.trualta.com.

Creative Healing & Fitness

LYNDONVILLE

Opened in September of 2021, Creative Healing and Fitness is a new multipurpose fitness and wellness space located at 518 Main Street, dedicated to holistic healing and wellness, and promotion and integration of the arts wherever possible. Creative expression can lead toward an improved sense of wellness. Check online for classes in: Dance, Fitness including Pilates, Step Aerobics and Yoga, as well as Massage. All are welcome. For more information, call Diane Matthews at 802-626-4202, or visit creativehealingandfitness.com.

Link VT

FREE | 457 RAILROAD ST, ST. JOHNSBURY
Do-It-Yourself bike space that seeks to engage the community through learning about biking and bike repair for all ages.

Learn more about Link VT activities this summer and beyond at www.linkvt.org or Link VT on Facebook.

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.

St. Johnsbury Academy Adult Education

In April, St. Johnsbury Academy Adult Education will host a class for parents of teens with Paige Crosby. Our leadership series is offered every spring and fall. We also offer career and technical training and life enrichment courses.

For more information, call us at 802-751-2314 or register online stjacademy.org/adult-education.

FITNESS, DANCE, GYMNASTICS & MORE

Artemis Yoga Studio

REC FIT, THURSDAYS, 5:30PM
AND PRIVATE STUDIO

sunnykapp78@gmail.com

802-424-1038, St. Johnsbury

Atlas Training Systems

atlastrainingsystems.net

802-272-8091, St. Johnsbury

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

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

kilosperformanceandfitness.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

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

802-748-1516, St. Johnsbury

Stadium Fitness

stadiumfitness.com

802-535-0773, Danville

St. Johnsbury Social Dance and Lessons

For all ages. Find us on Facebook.

802-748-9558, St. Johnsbury

Trail2Wellness

trail2wellness.com

802-793-0838, East Burke

SOMETHING FOR KIDS & FAMILIES



Family Fun Fridays

HOSTED BY ALL THINGS LYNDON

JUNE THROUGH OCTOBER, MONTHLY, 4-5:30PM

BANDSTAND PARK, LYNDONVILLE

The key goal of All Things Lyndon is strengthening all Lyndon families by providing opportunities to ensure all children are ready to enter school and be a part of their community. At these events, you'll find a variety of activities that promote learning, social connections, school readiness, and FUN! Plus we're right across from the Farmers Market so families can stroll over to check out yummy produce and local goods. Find us on Facebook at [AllThingsLyndon](https://www.facebook.com/AllThingsLyndon) for details.

Catamount Arts

Offering a variety of classes and special opportunities throughout the year. For more information, 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 information, 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 information, call 802-748-8470.



NEK Council on Aging

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

- Walk with Ease
- Tai Chi
- The Arthritis Foundation Exercise Program
- A Matter of Balance
- And many more!

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

Quahog Dance Theatre

FREE | APRIL 5-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.



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 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 or visit stjcommunityhub.org



Choosing Health

Northeastern Vermont Regional Hospital



MIND & SPIRIT

Essentially Vermont Wellness Spa

LYNDONVILLE

For more information, call Tracy Gilman at 802-473-8906, or email tgilman66@gmail.com.

Gentle Chair Yoga Class

FREE | 12-WEEK SESSION

MONDAYS, MAY 2–JUNE 20, 1–2 PM

NO CLASS MEMORIAL DAY, MAY 30

These gentle and fun classes will teach controlled breathing and simple movements. Patients, survivors and caregiver(s) welcome. Offered virtually by the Norris Cotton Cancer Center and taught by Alicia Armstrong, RYT 500. **Registration required. For information or to register, call 603-650-7751.**

Massage in the Northeast Kingdom

ST. JOHNSBURY

For more information, 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 information, call Diane Willson at 802-535-6194 or visit 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.**

Whirling Rainbow

ST. JOHNSBURY

EFT & Wellness: EFT Tapping, Reiki & Lifestep, a 6-week healing journey of self-discovery! Holistic Healers Guild: Nurses Jodi Campbell and Karri Willey—Herbals, Soul work, Nurse Coaching, and Aroma Touch. **For more information, call Steve Kline at 585-734-2848, or email Kline503@hotmail.com.**



CPR & FIRST AID

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.

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.

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.



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, 11AM–12:30PM
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, 279 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 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)

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 information, 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 or lvrt.org

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

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.

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

Mom in Recovery Program

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

NAMI Vermont Pathways to Wellness Conference

\$25-\$45 | VIRTUAL CONFERENCE
TWO ½ DAYS: WEDNESDAYS,
MAY 4, 12-3:45PM & MAY 18, 8:45AM-12:30PM
Annual educational and awareness event for peers, families, and mental health professionals to learn from each other, learn about resources and services, and hear stories of recovery and hope. **For more information, visit namivt.org/conference.**

NAMI Vermont Connection Peer Support Group

MONDAYS, 7-8:30PM
1ST & 3RD TUESDAY, 4-5:30PM
THURSDAYS, 3-4:30PM
For individuals living with a mental health condition. **For more information, call 800-639-6480 or visit 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 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

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

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.

Parkinson Support Group

3RD FRIDAY, MONTHLY, 10:30AM
Danville Community Center,
29 Hill St., Danville.
For more information,
call Dan Swainbank at 802-748-6239 or email swainbank@danvillevt.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, 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 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.