



Choosing Health

Northeastern Vermont Regional Hospital

January-March 2023

# HealthyChoices

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



**W**elcome 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 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.





### 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.

### 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.

### 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](mailto:c.towne@nvrh.org).



### 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.

### 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](http://heatsquad.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.



### 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.



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 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 [nekcoa.trualta.com](http://nekcoa.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.rsaffiliate.com](http://nek.rsaffiliate.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](http://StJAcademy.org).* For more info, call 802-751-2314.



### 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).

#### 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](mailto:jillian@lyndonrescue.net).



### SOMETHING FOR KIDS & FAMILIES

#### Catamount Arts

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



#### 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@nekcvvt.org](mailto:fce@nekcvvt.org) or fill out the online pre-app [myheadstart.com/pre-app?globalid=5841](http://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 [stjademy.org/recfit](http://stjademy.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](http://A4TD.org).

#### ← 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 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 [nekouncil.org](http://nekouncil.org) or call 1-800-642-5119.

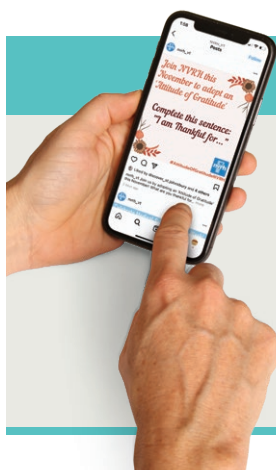


#### Quahog Dance Theatre

**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.



### 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)

### FITNESS, DANCE, YOGA & 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

#### Dance Express

802-748-1101, St. Johnsbury

#### Dance Workshop

[danceworkshopvt.com](http://danceworkshopvt.com)  
 802-535-8484, 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

[kilosperformanceand-fitness.com](http://kilosperformanceand-fitness.com) 802-427-3007, Lyndonville

#### Kingdom Gymnastics

[kingdomvtygymnastics.com](http://kingdomvtygymnastics.com)  
 802-748-7898, St. Johnsbury

#### 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

[stjademy.org/recfit](http://stjademy.org/recfit)  
 802-751-2305. Follow them on Facebook at [RecFitStJ](https://www.facebook.com/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](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



## 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](http://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](mailto: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](http://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](mailto:karri@holisticheartnurse.com) or visit [www.holisticheartnurse.com](http://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](mailto: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](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 info, call Diane Willson at 802-535-6194 or visit [medicinewheelwellbeing.com](http://medicinewheelwellbeing.com).

### Sweetwater Studios

EAST BURKE

Yoga, wellness classes, and workshops offered year round. For more info, call Karen Kennedy at 802-535-5876 or email [135.sweetwater@gmail.com](mailto:135.sweetwater@gmail.com) or visit [sweetwaterstudiosyoga.com](http://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](mailto: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](http://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](http://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](mailto:stjcommunityhub@gmail.com), or visit [stjcommunityhub.org](http://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](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 info, 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/local-walking-maps/](http://nvrh.org/local-walking-maps/)

### Lyndon Outing Club\*

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

### Lyndon State Forest

New Boston Rd., Lyndonville.  
[pr.Vermont.gov/lyndon-state-forest](http://pr.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/](http://stjvt.com/)  
[st-johnsbury-vt-parks-and-recreation](http://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

## 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](mailto: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](http://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](http://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](http://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](http://nekys.org).*

### Overeaters Anonymous

WEDNESDAYS, 6-7PM BY 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.

### 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](mailto: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](mailto: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](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, 4-5PM  
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.