



Choosing Health

Northeastern Vermont Regional Hospital

April-August 2024

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.

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.



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.

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.

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.

St. Johnsbury Walk & Talk Group

FREE | MONDAYS 6PM Walking is a great way to meet new people and add activity into your day. Walk & Talk provides encouragement, camaraderie, and a social support system by hosting pre-planned, regularly scheduled, group walks for all ages. Hosted by NEK Prosper! Meet at the park at Main Street/Winter Street. For more info and to learn about other walking groups in your community, call Jen Grant at 802-748-9405 ext. 1026.



These programs are offered in conjunction with My Healthy Vermont



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's Community Connections

We Can Help You...

Connect with services, resources, transportation, and other supports

Access healthcare and health information

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.

BIG THINGS are coming to your community hospital!

West Wing Project



NVRH is growing to meet expanded needs with an improved Emergency Department, Lab and Pharmacy. Discover more on patient and community impact at nvrh.org/the-nvrh-west-wing-project



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

FEATURED PROGRAMS

Caregiver Support from the NEK Council on Aging

The NEKCOA offers support that helps caregivers care for loved ones at home. Services include one-on-one personal support, monthly support groups, respite vouchers, dementia care and support, and Trualta, a 24/7 e-learning platform. **For more info, call Karen Desrochers, Director of Client and Caregiver Support at 802-751-0427 or visit nekco.trualta.com.**

Free Overdose Response Training

Help protect your community and learn how to save a life with naloxone. Free online training program and get Narcan by mail, use QR code to visit webpage! This research was approved by the URI Institutional Review Board in collaboration with UVM Extension. **For info, call 802-656-7606 or email Anthony.Sgherza@uvm.edu.**

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

Jump into our spring classes: introduction to woodworking; ground aviation; leadership and communication. **Register at stjademy.org/adult-education or for more information call 802-751-2314.**

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.**



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.**



SOMETHING FOR KIDS & FAMILIES

All Things Lyndon Hosts Family Fun Fridays

HAPPENING ONCE A MONTH, JUNE - OCTOBER. KICK-OFF EVENT FEATURING A MAGIC SHOW BY ALYX THE MAGICIAN ON JUNE 14, 4 - 6PM. BANDSTAND PARK, LYNDONVILLE

Looking for a fun activity to do this summer with your family? Join All Things Lyndon for activities that promote learning, social connections, school readiness, and FUN! **Find us on Facebook at All Things Lyndon for details.**

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.**

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@nekavt.org or fill out the online pre-app at 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 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 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 nekouncil.org or call 1-800-642-5119.



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 NEK Council on Aging at 802-748-5182 or visit, 481 Summer Street, St. Johnsbury.



FITNESS, DANCE YOGA & MORE

Artemis Yoga Studio

ARTEMIS, TUESDAYS, 10AM & SUNDAYS, 3:30PM
REC FIT, THURSDAYS, 5:30PM
CONTACT IN JUNE FOR SUMMER HOURS.
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
 802-745-9256, 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

Kiwanis Free Summer Swimming Lessons

POOL OPENS IN JUNE (AFTER SCHOOL GETS OUT) AND CLOSES THE THIRD WEEK OF AUGUST. For 2024 Red Cross swimming lesson registration and other pool information, including hours for physical therapy, family, and general swim. **Complete info at stjkiwanis.org**
 St. Johnsbury

NEK Cycling Studio

nekcyclingstudio.com
 802-279-7756, Lyndonville

Pilates by Heidi

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

RecFit

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



SHiNE Dance Fitness™

creativehealingandfitness.com
 802-626-4202, Lyndonville

Stadium Fitness

stadiumfitness.com
 802-745-8773, Danville

Trail2Wellness

trail2wellness.com
 802-793-0838, Lyndonville



MIND, BODY & SPIRIT

Community Meditation Practice

FREE | BARNET | M-F, 5:15PM-6:30PM
Join Karmê Chöling Retreat Center's staff for daily meditation practice. Open to the public. *For more info visit karmecholing.org or email info@karmecholing.org*

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, 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
Fun chair-based yoga! 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. *Registration required. For info or to register, call 603-650-7751.*

Gentle and Restorative Yoga

ST. JOHNSBURY
HEART SPACE YOGA STUDIO
SATURDAYS 11AM-NOON | 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
A collective of fourteen holistic health practitioners to support wellness on every level, mind, body and spirit. *For more info, call Andrea at 802-424-0039 or visit heartspacehc.com.*



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*

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.*

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. Try a free ½ hour session to see how coaching works. *For more info, call Alice Kitcheil, 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 get more energy, build confidence, and recover from burnout. Free Guide to Reclaim Your Energy: bit.ly/reclaimyourenergynow
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
Shop for perishables, 9-11am
Community lunch, 11am-1pm
2ND & 4TH FRIDAYS, 10:30AM-12:30PM
Food Share Box-Pick Up
101 Main Street, Lyndonville
802-626-1212

NEKCA Marketplace & Boutique

MONDAYS, TUESDAYS, THURSDAYS & FRIDAYS, 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 Food Shelf & Thrift Shop

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

VeggieVanGo

3RD THURSDAY, MONTHLY, 10-11 AM
April-June at NVRH. For location change info starting in July, visit: nvrh.org/veggie-van-go

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
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 nekcavt.org

get outdoors

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 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, 2-3:30PM
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.

Hey Dad!

A Fathers Support Group

ALL FATHER FIGURES WELCOME!
THURSDAYS, 3-4PM
A place for you to meet up with other fathers in the area. Father support groups offer guidance, friendship, support & resources.
NEKCA, 115 Lincoln Street, St. Johnsbury
For info, call Wes at 802-487-4078 or email wrobertson@nekavt.org

Kingdom Recovery Center

OPEN MONDAY-FRIDAY 8AM-4PM | 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.facing-suicidevt.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 who 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

For groups and times contact: Kingdom Recovery Center 297 Summer St., St. Johnsbury 802-751-8520.

Parkinson Support Group

3RD FRIDAY, MONTHLY, 10:30AM
NVRH Conf. Rm.126, St. Johnsbury Use Main Entrance.
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.

TOPS (Take Off Pounds Sensibly)

THURSDAYS, 5:30 PM
Weight loss support group to provide encouragement and motivation on the path to a healthy lifestyle. St. Johnsbury House Dining Room *For more info go to tops.org or visit a meeting for free.*

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.