

## **2017 Support Groups held at St. Joseph Hospital**

Subject to change without notice. It is best to make contact prior to attending first meeting.

### **Alcoholics Anonymous**

Sundays, 10:00 to 11:00 a.m.

Contact: Elizabeth Guest, (603) 883.4483

Fridays, 7:00 to 8:30 p.m.

New Hampshire Alcoholics Anonymous Hotline (800) 593.3330

[www.nhaa.net](http://www.nhaa.net)

### **Al-Anon**

Weekly meetings, including all holidays.

Thursdays, Beginners: 7:00 to 8:00 p.m.

Thursdays, 7:30 to 9:00 p.m.

Fridays, 7:00 to 8:00 p.m.

For information only call Toni at (603) 882.4024

For immediate assistance, (603) 369-6930

For all New Hampshire meetings: Visit [www.nhal-anon.org](http://www.nhal-anon.org)

### **Alzheimer's & Dementia Support Group for Caregivers**

Every Monday, 1:00 to 3:00 p.m. at St. Joseph Hospital Alzheimer's and Dementia Resource Center located at the Parish Nurse Center for Wellness at Milette Manor, 72 Vine Street, Nashua

As a caregiver, you need considerable support and understanding. Participants in this group will have the opportunity to ask questions, learn more about the disease process and meet other people experiencing the same feelings, frustrations and concerns. Newcomers are always welcome.

Contact: Pamela Deres, MS, RN, (603) 598.2424 for more information

### **Alzheimer's & Dementia Support Group for Caregivers who's loved ones are early in the disease process.**

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month from 1:30-2:30 p.m. at St. Joseph Hospital Alzheimer's and Dementia Resource Center at the Parish Nurse Center for Wellness at Milette Manor, 72 Vine Street, Nashua

There are unique challenges facing a caregiver who's loved one is newly diagnosed (or still in the early stages of the disease process). Join us as we navigate together, the journey into caregiving for someone with Alzheimer's Disease and Dementia. Newcomers are always welcome.

Contact: Pamela Deres, MS, RN, (603) 598.2424 for more information

### **Alzheimer's Early Stage Support Group for Caregivers and those with the disease**

Please call Pamela Deres, MS, RN, (603) 598.2424 for more information

Meetings are held at St. Joseph Hospital Alzheimer's and Dementia Resource Center at the Parish Nurse Center for Wellness at Milette Manor, 72 Vine Street, Nashua.

This group caters to the needs of both the caregiver and the person with Alzheimer's Disease or Dementia. The first part of this meeting is educational and the second part is supportive. This support group is unique in that both folks are welcome to attend.

### **Friday Morning Alzheimer's Disease and Dementia Educational Programs:**

Every Friday from 10:00 a.m. to 12:00 noon; from January to the end of May as distinguished speakers from around New England join us to share their wisdom and expertise. All programs are free and open to the public. Programs are held at St. Joseph Hospital Alzheimer's and Dementia Resource Center at the Parish Nurse Center for Wellness at Milette Manor, 72 Vine Street, Nashua.

For more information or to inquire about the topics please call Pamela Deres, MS, RN, (603) 598.2424

Updated 6/2/17

### **Bereavement (Drop-in) Support Group**

The Bereavement Drop-In Group is open to any bereaved individual and is free of charge.

4<sup>th</sup> Wednesday of the month, 4:30 to 6:00 p.m.

Contact: Anne McNamara, Social Worker (603) 882.3000 ext. 63869

### **Brain Injury Support Group/Stroke Support Group**

1<sup>st</sup> Wednesday of each month, 6:00 to 7:30 p.m.

Contact: Patti Motyka, (603) 595.3175

### **Breast and Ovarian Cancer Support Group ~ “Just Between Us”**

For breast and ovarian cancer patients at any stage of treatment and recovery.

2<sup>nd</sup> Wednesday of each month, 5:30 to 7:00 p.m.

Held at the Breast Care Center located at St. Joseph Hospital

Contact: Kelly McAllister, BSN, RN, OCN, CBCN, (603) 882.3000 ext. 67257

### **Cancer Support Groups**

Contact: Susan Hardy, St. Joseph Hospital Cancer Center, (603) 880.3408

### **CLIMB (Children’s Lives Include Moments of Bravery), A Support Group for Children**

A support group for children whose parent or grandparent have cancer. Children age 6 to 12. Contact: Kelly McAllister, BSN, RN, OCN, CBCN, (603) 882.3000 ext. 67257

### **Emotions Anonymous**

Thursdays, 7:30 to 9:00 p.m.

Contact: Vince Coviello, (603) 891.1431

### **Greater Nashua Cancer Support Group**

This cancer support group is for anyone living with cancer and/or those who care for them. Join us on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 6:00 to 8:00 p.m. at the Radiation Center of Greater Nashua, 11 Southwood Drive in Nashua. For more information, contact: Nora Buttrick, BSN, RN, OCN or Karen Dubay, BSN, RN, OCN at (603) 880.1590.

### **Leukemia & Lymphoma Society (LLS) Support Group (Blood Cancer Support Group)**

2<sup>nd</sup> Monday of each month, 5:00 to 7:00 p.m.

For more information or to register please call Gayle Bagley (508) 810.1308 or email [Gayle.Bagley@lls.org](mailto:Gayle.Bagley@lls.org)

### **NAMI-National Alliance on Mental Illness**

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month, 6:00 to 8:00 p.m.

St. Joseph School of Nursing Building, 5 Woodward, Avenue, Nashua

Contact: Norma or Scott, (603) 882.6771

### **New Mom's Support Group**

Fridays, 10:00 to 11:30 a.m.

Geared towards new moms and newborns up to four months old.

The New Mother's Series is **free** to attend, however it is best to register if you plan on attending by calling Community Health Education at (603) 595.3168.

Contact: Teri D'Onofrino, RN, IBCLC, (603) 882.3000 ext. 66047

### **Ostomy Association of Southern NH Support Group**

3<sup>rd</sup> Tuesday of every month, 6:00 to 7:00 p.m. No meeting in July, August and December.

Contact: Susan Dionne or Danielle Szarek, (603) 882.3000 ext. 67122

### **Overeater's Anonymous**

Monday, 7:00 to 8:00 p.m.

Contact: Opal at (978) 250. 0177 or kog2OA@menlo.com

### **Pelvic Pain Support Group**

2<sup>nd</sup> Tuesday of each month from 6:00 to 7:30 p.m. at St. Joseph Hospital .

Got Pelvic Pain? You are not alone. Nearly 1 in 6 women (about 30 million) suffer from chronic pelvic pain every day (men have it too). Pelvic Pain is rarely discussed with family members or friends, and many feel embarrassed to talk about it with their medical practitioner. Join the Pelvic Pain Support Group and participate in a small group discussion, in a caring, safe and supportive environment. Come and listen to occasional talks by member-referred medical personnel or holistic professionals and learn how you can bring positive lifestyle changes to your life and provide support to others along the way. For more information, please contact Elizabeth Scarchilli at scarchilli2@comcast.net or (603) 930.1084.

### **PCOS Awareness Association**

Visit [www.pcosaa.org](http://www.pcosaa.org)

### **Parkinson's Support Group**

1<sup>st</sup> Thursday of each month, 10:00 a.m to 12:00 noon

### **Perinatal Bereavement Services**

Providing compassionate care to families who experience the death of a baby during pregnancy or infancy and continued support to bereaved families throughout their reproductive and parenting experience.

Contact: Krystal Sieradzki, MSW, Care Coordination at (603) 882.3000, ext. 66409