

**Support Group/Resource List, LISTED ALPHABETICALLY—Updated 1/8/18**

**Location Note: 'SJH' indicates St. Joseph Hospital, 172 Kinsley St. Nashua, NH. Please check in at the info desk. If your meeting time falls during inclement weather or on a holiday, please reach out to your group contact person to confirm the schedule for that day. Thank you!**

## **Alanon**

**Meeting Schedule:**

- Last Wednesday of the month, excluding December, 7PM-9PM
- Thursday, 7PM to 9PM
- Friday, 7PM to 8PM

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Yes—This is an open meeting

**Group Contact Person:** Toni, (603) 882.4024 / [tonirusl@yahoo.com](mailto:tonirusl@yahoo.com)

**Additional Resources:** [www.nhal-anon.org](http://www.nhal-anon.org)

## **Alcoholics Anonymous “A New Day”**

**Meeting Schedule:** Fridays, 7PM to 8:30PM

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Yes—This is an open meeting

**Group Contact Person:** Rae S: [rwschaller@hotmail.com](mailto:rwschaller@hotmail.com) / (603) 943.2367

**Additional Resources:** [www.nhaa.net](http://www.nhaa.net) / <https://sites.google.com/prod/nhaa13.net/d13>

## **Alcoholics Anonymous**

**Meeting Schedule:** Sundays, 10AM to 11AM

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Yes—This is an open meeting

**Group Contact Person:** Missy C: (603) 892.0214 / [mitzee445c@gmail.com](mailto:mitzee445c@gmail.com)

**Additional Resources:** [www.nhaa.net](http://www.nhaa.net) / <https://sites.google.com/prod/nhaa13.net/d13>

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Thank you!

**The Alzheimer's and Dementia Resource Center** can assist you or your loved one with a variety of education, support and care services. Please call Pam Deres, MS, RN, at 603.598.2424 to learn more.

**Location:** 72 Vine St. Nashua, NH

### **Free Weekly Education Classes**

Fridays 10am – Noon

Ongoing through June at Milette Manor, 72 Vine Street, Nashua

Meet community educators and learn more about various Alzheimer's disease-related topics.

To register for a class, please call 603.598.2424.

### **Support Groups for Patients and Caregivers**

Early Stage Support Group: For caregivers whose loved ones have been recently diagnosed

Joint Support Group: Share the journey with your loved one (open to caregivers and patients)

Ongoing Support Group: For caregivers at any point in their journey

Family or 1-on-1 Consultations: To help create an individualized care plan

### **Day Away Care Program**

This respite program is available to patients in the early to moderate stages of Alzheimer's disease, to offer caregivers a much-needed break.

### **Bereavement** (for any bereaved individual)

**Meeting Schedule:** 4<sup>th</sup> Wednesday of each month, 4:30PM to 6:30 PM

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** No. Please call the number below prior to attending

**Group Contact Person:** Anne McNamara, (603) 882.3000, ext. 63869

**Additional Resources:** [www.hhhc.org/home-care-services/bereavement](http://www.hhhc.org/home-care-services/bereavement)

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Thank you!**

**Brain Injury Support Group/Stroke Support Group (for survivors and/or caregivers)**

**Meeting Schedule:** 1<sup>st</sup> Wednesday of each month, 6:00PM to 7:00PM

**Location:** SJH, 4-South. Please check in at the atrium information desk when you arrive

**Is it okay to drop-in?** Yes, however you are welcome to call ahead of time if you have any questions or are feeling any reservations

**Group Contact Person:** Patti Motyka, (603) 595. 3175

**Additional Resources:** [www.biausa.org](http://www.biausa.org) ; [www.stroke.org](http://www.stroke.org)

**Breast and Gynecological Cancer Support Group (for patients only at any stage of treatment or recovery)**

**Meeting Schedule:** 2<sup>nd</sup> Wednesday of each month, 5:30PM to 7:00PM

**Location:** SJH, Breast Care Center

**Is it okay to drop-in?** Yes, however you are welcome to call ahead of time if you have any questions or are feeling any reservations

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

**Additional Resources:** [www.breastcancer.org](http://www.breastcancer.org) ; [www.foundationforwomenscancer.org](http://www.foundationforwomenscancer.org)

**Emotions Anonymous**

**Meeting Schedule:** Thursdays, 7:30 PM to 9:00 PM

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Yes—This is an open meeting

**Group Contacts:** Vince C., (603)891.1431; [vincov380@yahoo.com](mailto:vincov380@yahoo.com) or Nancy N., [nancyn2@comcast.net](mailto:nancyn2@comcast.net)

**Additional Resources:** [www.emotionsanonymous.org](http://www.emotionsanonymous.org)

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**Thank you!**

**FASTER (for anyone who has a loved one fighting addiction)**

**Meeting Schedule:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month, 7:30 PM to 9:00 PM

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Yes—This is an open meeting

**Group Contact Person:** Susan Samuel, 603-351-8356, sallen5339@aol.com

**Additional Resources:** <http://harborhomes.org/mcrt/> or (603) 816.0101 for Mobile Crisis Response Team

**Greater Nashua Cancer Support Group (for both people who are living with or caring for someone with cancer.)**

**Meeting Schedule:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month, 6:30 PM to 8:00 PM

**Location:** Radiation Center of Greater Nashua (11 North- Southwood Dr, Nashua, NH)

**Is it okay to drop-in?** Yes—This is an open meeting

**Group Contact Person:** Nora Buttrick, BSN, RN, OCN or Karen Dubay, BSN, RN, OCN (603) 880.1590

**Additional Resources:** [www.cancer.org](http://www.cancer.org) ; [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

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

**Meeting Schedule:** 2<sup>nd</sup> Monday of each month, 5:00 PM to 7:00 PM

**Location:** Southern NH Medical Center, 8 Prospect St. Nashua (Nashua Room-ground floor)

**Is it okay to drop-in?** For more information, or to register, please reach out to the contact person below.

**Group Contact Person:** Gayle Bagley, 1.800.688.6572, ext 1304; [gayle.bagley@lls.org](mailto:gayle.bagley@lls.org)

**Additional Resources:** [www.lls.org](http://www.lls.org)

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**Thank you!**

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

**Meeting Schedule:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month, 6:00 PM to 8:00 PM

**Location:** St. Joseph School of Nursing Building (5 Woodward Ave Nashua, NH)

**Is it okay to drop-in?** Unknown. Please contact Norma or Scott (listed below,) or NAMI.

**Group Contact Person:** Norma or Scott, (603) 882.6771

**Additional Resources:** [www.nami.org](http://www.nami.org) ; <http://harborhomes.org/mcrt/> or (603) 816.0101 for Mobile Crisis Response Team

### **New Moms' Support Group**

**Meeting Schedule:** Mondays, 10:00 AM to 11:30 AM

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Yes, drop-ins are welcome but it's always best to check in ahead of time (in case there has been a schedule change)

**Group Contact Person:** Teri D'Onofrio, RN, IBCLC, (603) 882.3000, ext. 66047 or [tdonofrio@sjnh.org](mailto:tdonofrio@sjnh.org)

**Additional Resources:** Community Health Education Department, (603) 595.3168; [www.postpartum.net](http://www.postpartum.net)  
[www.ninibambini.com](http://www.ninibambini.com)

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

**Meeting Schedule:** 2018 Dates: January 17, March 21, May 16, June 20, September 19, November 14, 6:00 PM to 7:00 PM

**Location:** SJH, Cardiovascular Center Waiting Room

**Is it okay to drop-in?** Yes, although it's best to confirm meeting information

**Group Contact Person:** Wound/Ostomy Services, (603) 882. 3000, ext. 66110 or 67122

**Additional Resources:** [www.ostomy.org](http://www.ostomy.org) ; [www.ostomyinternational.org](http://www.ostomyinternational.org)

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### Overeaters' Anonymous

**Meeting Schedule:** Monday, 7:00 PM to 8:00 PM

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Yes, drop-ins are welcome!

**Group Contact Person:** Mary G, [bunniespun@comcast.net](mailto:bunniespun@comcast.net) ; or Patty, [pattymac@hotmail.com](mailto:pattymac@hotmail.com)

**Additional Resources:** [www.oa.org](http://www.oa.org) ; [www.oanewhampshire.org](http://www.oanewhampshire.org)

### Parents and Babies: Support Beyond the Infant Stage

**Meeting Schedule:** Wednesdays, 10:00 AM to 11:30 AM

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Yes, drop-ins are welcome but it's always best to check in ahead of time (in case there has been a schedule change)

**Group Contact Person:** Ashley Bradley, MS, CCC-Speech Language Pathologist, (603) 595. 3076 or [abradley@sjnh.org](mailto:abradley@sjnh.org)

**Additional Resources:** Community Health Education Department, (603) 595.3168; <http://www.asha.org> ; [www.postpartum.net](http://www.postpartum.net) ; [www.ninibambini.com](http://www.ninibambini.com)

### Parkinson's Support Group

**Meeting Schedule:** 1<sup>st</sup> Thursday of every month, 10:00 AM to 12:00 Noon

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Yes—This is an open meeting for people with Parkinson's Disease and/or their caregivers

**Group Contact Person:** Robin Naro, (603) 424.3631; [pizzahutlifer@yahoo.com](mailto:pizzahutlifer@yahoo.com)

**Additional Resources:** St. Joseph Hospital Rehabilitation, (603) 598. 2401 (Physical, Speech-Language and Occupational Therapists) [www.michaeljfox.org](http://www.michaeljfox.org); [www.lsvtglobal.com](http://www.lsvtglobal.com)

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### Pelvic Pain Support Group

**Meeting Schedule:** 2<sup>nd</sup> Tuesday of every month (scheduled through June 2018)

**Location:** SJH, contact the information desk for exact location within the building

**Is it okay to drop-in?** Please contact Elizabeth Scarchilli (listed below) prior to attending

**Group Contact Person:** Elizabeth Scarchilli (until April 2018), (603) 930. 1084, [scarchilli2@comcast.net](mailto:scarchilli2@comcast.net)

**Additional Resources:** St. Joseph Hospital Rehabilitation (certified pelvic health physical therapists) (603) 598. 2401

**Some Helpful books, (recommended by our Physical Therapists):** *Heal Pelvic Pain*, Amy Stien; *Pelvic Pain Explained*, Stephanie Prendergast and Elizabeth Runner; *Headache in the Pelvis*, David Wise and Rodney Anderson; *Why Pelvic Pain Hurts*, Adrian Louw and Sandra Hilton

### Perinatal Bereavement Services

**Location:** SJH

**Meeting Information:** For meeting information or to speak or meet with our support staff, please contact Jessica Mitchell, MSW, in Care Coordination at St. Joseph Hospital, (603) 882.3000 ext 66409

**Additional Resources:** [www.marchofdimes.org](http://www.marchofdimes.org) ; <https://www.marchofdimes.org/complications/loss-and-grief.aspx> ; [www.postpartum.net](http://www.postpartum.net)