

Support Group/Resource List, LISTED ALPHABETICALLY—Updated 1/7/19

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

Additional Resources: 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 / (603) 943.2367

Additional Resources: 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

Additional Resources: 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: 4th 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

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

Meeting Schedule: 1st 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

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Thank you!

Additional Resources: www.biausa.org ; www.stroke.org

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

Meeting Schedule: 2nd 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 ; 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 or Nancy N., nancyn2@comcast.net

Additional Resources: www.emotionsanonymous.org

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

Meeting Schedule: 1st and 3rd 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: 2nd and 4th Tuesday of each month, 6:30 PM to 8:00 PM

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Thank you!

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 ; www.cancersupportcommunity.org

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

Meeting Schedule: 2nd 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

Additional Resources: www.lls.org

NAMI-National Alliance on Mental Illness

Meeting Schedule: 2nd and 4th 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://harborhomes.org/mcrt/> or (603) 816.0101 for Mobile Crisis Response Team

Narcotics Anonymous

Meeting Schedule: Sundays, 7:00 PM to 8:15 PM

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: Luis, 603.233.0813

Additional Resources: <https://www.na.org/> ; <https://gsana.org/>

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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@sihnh.org

Additional Resources: Community Health Education Department, (603) 595.3168; www.postpartum.net
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 ; www.ostomyinternational.org

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

Additional Resources: www.oa.org ; www.oanewhampshire.org

Parents and Babies: Support Beyond the Infant Stage

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

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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

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

Parkinson's Support Group

Meeting Schedule: 1st 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

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

Pelvic Pain Support Group

Meeting Schedule: 2nd 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

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

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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 ; <https://www.marchofdimes.org/complications/lossand-grief.aspx> ; www.postpartum.net