

# Parent Support Groups and Classes during the COVID-19 Pandemic

Some regional organizations/providers are offering support groups and classes to parents during this time. A few are in-person, with safety protocols in place, while many others utilize virtual options like ZOOM. \*\*\*\*This list will be regularly updated, but classes/groups may change at any time. Therefore it is important to get in touch with the contact person listed to get specific details and the most current information. Please contact Sandy Stark if you have updated information on any classes/support groups: [sstark@wsesdvt.org](mailto:ss Stark@wsesdvt.org).

Organization/Provider	Program/Service	Contact Person
Branches Pregnancy Resource Center	<b>Virtual Parenting Classes</b>	Margie Donaldson <a href="mailto:margie@branchesprc.com">margie@branchesprc.com</a> 802-254-6734
Brattleboro Memorial Hospital Birthing Center	<b>Prenatal/childbirth class:</b> A virtual version should be available soon.	Leah Nussbaum <a href="mailto:lnussbaum@bmhvt.org">lnussbaum@bmhvt.org</a> 257-8226
Early Education Services	<b>Parenting classes/workshops:</b> At least one class will start up virtually this fall.  <b>Foster Parent Support Group:</b> Currently happening virtually.  <b>Dedicated Dads:</b> Currently happening one-on-one virtually.	Sandy Stark <a href="mailto:ss Stark@wsesdvt.org">sstark@wsesdvt.org</a> 802-254-3742, ext. 171  Miriam Dror <a href="mailto:mdror@wsesdvt.org">mdror@wsesdvt.org</a>  Tyler Boone <a href="mailto:tboone@wsesdvt.org">tboone@wsesdvt.org</a>
Lorni Cochran	One-on-one virtual and in-person supports. Possibly a group in the near future.	Lorni Cochran, Movement Therapist <a href="http://lornicochran.com">lornicochran.com</a> 802-257-8641
Prevent Child Abuse Vermont	Classes and support groups happening virtually. This includes the <b>Nurturing Parenting Program.</b>	Cindy Atkins <a href="mailto:catkins@pcavt.org">catkins@pcavt.org</a> 802-498-0608
Rescue, Inc.	<b>First Aid and CPR:</b> Community classes are happening but limited.	Jeff Frizzell <a href="mailto:jfrizzell@rescueinc.org">jfrizzell@rescueinc.org</a> 802-579-3784
Vermont Dept. of Health	<b>Breastfeeding:</b> WIC clients only-virtual <b>Nutrition:</b> Upcoming in the fall. Open to all and virtual.	Brooke Robinson <a href="mailto:Brooke.Robinson@vermont.gov">Brooke.Robinson@vermont.gov</a> 802-257-2880
Winston Prouty	<b>New Moms Network:</b> This group is happening in-person and outside as long as weather permits. Possibly virtual late fall.	Sally Pennington/Jean Vulte <a href="mailto:sally@winstonprouty.org">sally@winstonprouty.org</a> <a href="mailto:jean@winstonprouty.org">jean@winstonprouty.org</a> 802-257-2101