

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 (contact the person listed for the link in order to attend).

****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.

| Organization/Provider | Program/Service | Contact Person |
|---|---|---|
| Branches Pregnancy Resource Center | Virtual Parenting Classes | Margie Donaldson margie@branchesprc.com 802-254-6734 |
| Brattleboro Food Coop | Virtual cooking/nutrition classes for adults and children (don't have to be a shareholder) | Ragan Beebe education@brattleborofoodcoop.coop (802)246-2821 |
| Brattleboro Memorial Hospital Birthing Center | Prenatal/childbirth class: Virtual | Leah Nussbaum lnussbaum@bmhvt.org 257-8226 |
| Early Education Services | Parenting classes/workshops: Contact about future virtual offerings. Foster Parent Support Group: Currently happening virtually. Parent Support Group: Starts in Dec. 2020, virtual. Dedicated Dads: Currently happening one-on-one virtually. | Sandy Stark sstark@wsesdvt.org 802-254-3742, ext. 171 Miriam Dror mdror@wsesdvt.org Tyler Boone tboone@wsesdvt.org |
| Lorni Cochran | One-on-one virtual and in-person supports. Possibly a group in the near future. | Lorni Cochran, Movement Therapist lornicochran.com 802-257-8641 |

More on other side 

| Organization/Provider | Program/Service | Contact Person |
|-----------------------------------|--|--|
| Postpartum Clinical Support Group | 8 week group therapy open to all gestational parents struggling w/ postpartum mood challenges. (virtual) | Megan Poor & Kate Littlefield postpartumgroupvt@gmail.com (802)598-4412 |
| Prevent Child Abuse Vermont | Classes and support groups happening virtually. This includes the Nurturing Parenting Program. | Cindy Atkins catkins@pcavt.org 802-498-0608 |
| Rescue, Inc. | First Aid and CPR: Community classes are happening but limited. Contact for details about virtual vs. in-person. | Jeff Frizzell jfrizzell@rescueinc.org 802-579-3784 |
| Turning Point | Recovery Mamas In-person support for Moms in Recovery. | Sara Chard sara.b.chard@gmail.com 802-257-5600 |
| Vermont Adoption Consortium | Adoption Support Group This group happens 1x monthly virtually. | Danna Bare (802) 258-0308 dannab@lundvt.org |
| Vermont Dept. of Health | Breastfeeding: WIC clients only-virtual Nutrition: Upcoming in the fall. Open to all and virtual. | Brooke Robinson Brooke.Robinson@vermont.gov 802-257-2880 |
| Winston Prouty | New Moms Network: This weekly group is happening virtually. | Sally Pennington/Jean Vulte sally@winstonprouty.org jean@winstonprouty.org (802)257-2101 |
| Youth Services/Bellows Falls area | JUMP (Just Us Mom's Program) Meeting for young Moms 1x monthly--virtual. | Janice Berube janice.berube@youthservicesinc.org (802)380-0931 |