



Houlton Regional Hospital Center for Community Health Education Programs

JUNE 2015

American Red Cross Blood Drive

- **8th Annual Houlton "Super" Blood Drive**
Help replenish the community blood supply!
- Where: Houlton Armory Drill Hall
84 Pleasant Street
- Date/Time: **Tuesday, June 30, 2015 – 11:00 a.m. - 6:00 p.m.**
- Sponsored by: U.S. Customs and Border Protection, Houlton Regional Hospital, Smith & Wesson, and U.S. Border Patrol
- Contact: Please call 1-800-GIVE LIFE for more information or an appointment.
- Special Note: ****Valid ID Required.**** – all presenting donors will receive a ticket to the Presque Isle Fair! Door Prizes ~ Raffles ~ Great Food ~ Chance to Win Red Sox Tickets!! Show your community support and help replenish the blood supply!



**American
Red Cross**

SUPPORT GROUPS

A Place For Us - Al-Anon Family Group

Each Al-Anon Family Group has but one purpose: to help families and friends of alcoholics. If you are concerned with someone else's drinking, the Al-Anon program can help.

- Date: **Every Wednesday - June 3, 10, 17, & 24, 2015**
- Time: **7 p.m. to 8 p.m.**
- Place: Center for Community Health Education
- Contact: Sue at 532-7836

Narcotics Anonymous Support Group (NA)

NA wants to carry the message of recovery. Please join us to share & hear the experiences of other addicts who are learning to live a better way of life without the use of drugs.

- Date: **Every Friday of the Month, June 5, 12, 19, & 26, 2015**
- Time: **7 p.m. to 8 p.m.**
- Place: Center for Community Health Education
- Contact: Brenda at 521-9088 or Melissa at 538-1371

Cancer Prayer and Support Group

Cancer Prayer and Support Group is a place to hear methods of coping with symptoms of their illness, to discuss and share resources about dealing with side effects of treatment, to discuss the daily impact of cancer and to find tremendous support and hope for the future. All are welcome to attend.

- Date: **Meets the first Tuesday**
- Time: **1 p.m. - 2:30 p.m.**
- Place: Center For Community Health Education
- Contact: Dr. Don Woods at 532-7553

Compassionate Friends Support Group

- Compassionate Friends is a support group that provides grief support offering friendship and understanding to those who have lost a child.
- Date: **Second Wednesday - monthly - June 10, 2015**
- Time: **6:30 p.m. – 7:30 p.m.**
- Place: Center for Community Health Education
- Contact: Mary Howland at 532-4863 or Michele Fitzpatrick at 521-7455

PFLAG Houlton of PFLAG National Parents, Friends, and Family of Lesbians and Gays

General public who have an interest in the subject, friends and families of gay, transgender, bisexuals.

- Date: **Last Friday of every month - June 26, 2015**
- Time: **6:30 p.m. to 8 p.m.**
- Place: Center for Community Health Education
- Contact: Mellissa at 532-0670

Diabetes Support Group

- Individuals with diabetes, and family members, join together to learn, share and network about living with diabetes. **No Cost to attend!**
- Date: **Wednesday, June 17, 2015**
- Time: **6 p.m.-7 p.m.** at the Center for Community Health Education
- Topic: "Taking Control"
- Speaker: Bob Braun, A1C Champions – A Real Patient Taking Control of his Diabetes
- Contact: Julie Codrey, RN, CDE, Diabetes Educator at 521-2516

Breastfeeding, Is It For Me?

- Expectant mothers, fathers and grandparents are all invited to join an open discussion on the advantages of breastfeeding, necessary preparation and impact on the family. Topics rotate each month.
- For more information contact: Kathy Blanchette, RN, 532-2900, ext. 2130 or Erica Rockwell, RN, ext. 2285

General Information

Weather Cancellations: If classes need to be cancelled due to poor weather conditions, the decision will be made by 3:00 p.m., for evening classes, and will be broadcast over WHOU 100.1. Please call us at 532-5969 if you question if a class will be held.

Special Needs: If you need special assistance (wheelchair assistance or interpreter) please contact us in advance so we can make the appropriate accommodations.

