

Who Is Cynthia Day?



For the past 25 years, Cynthia Locke Day has been known as “the lady who wears sparkles in her hair.” Once the Vice President of IDAK Corp, as a supervisor of 27 medical facilities, Cynthia’s life became consumed by alcoholism and

her marriage ended in divorce. Within two years, Cynthia was unemployable. Down to her last \$10, she happened to glance down at the sidewalk and there, in the hardened cement was scrawled the message “Expect a miracle!”

Cynthia’s path lead her into recovery from addiction and to a ministry of healing as a psychiatric nurse working in the field of chemical dependency, a performing soprano singer, an award winning watercolor painter, and a faithful volunteer to Keystone Hall for over 20 years. The Cynthia Day Family Center carries on the spirit of hope and the miracle of recovery that Cynthia’s life so exemplifies. We hope the program spreads a sparkle here and there for all women, like Cynthia, who may need to know that they can “Expect a miracle!”

While at the Family Center, participants learn to provide for their families and participate fully in their children’s lives before transitioning back to their community.

Keystone Hall is a member of the

Partnership for Successful Living

A collaboration of six affiliated not-for-profit organizations providing southern New Hampshire’s most vulnerable community members with access to housing, health care, employment, and supportive services.

www.nhpartnership.org

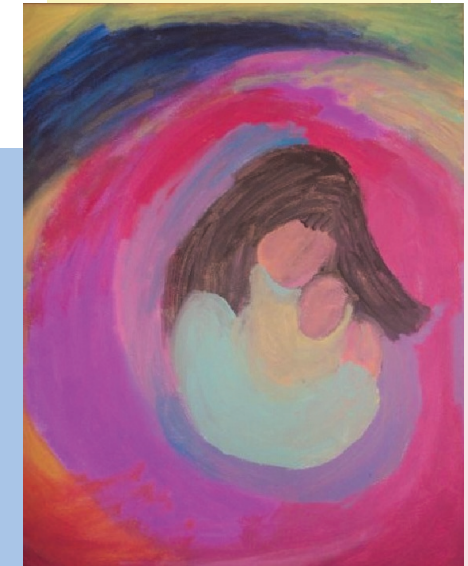
- ~ The Southern NH HIV/AIDS Task Force
- ~ Milford Regional Counseling Services
- ~ Welcoming Light
- ~ Harbor Homes
- ~ Healthy at Home
- ~ Keystone Hall



Community support is critical to Keystone Hall’s ability to provide services to those most in need.

To schedule a tour of our facilities and learn how you can help save the life of a NH resident, please call 603-882-3616 and ask to speak to our Development Department or email kh_info@keystonehall.org

Leave a lasting legacy and please remember Greater Nashua Council on Alcoholism in your will.



**PROVIDING SUPPORT TO
PRENATAL AND PARENTING
WOMEN IN RECOVERY**

The Cynthia Day Center
is a program of Keystone Hall



The Cynthia Day Family Center



HOPE
for Women in Recovery...

ABOUT THE CENTER

The Cynthia Day Family Center at Keystone Hall is a unique program located in Nashua New Hampshire for pregnant, post-partum, and parenting women in recovery. The center is designed to provide a holistic, family-centered approach to the treatment of women while allowing them to care for their young children. Women and their children live on-site in a secure, home-like environment as they overcome their addiction to drugs and alcohol.

The center attends to all levels of recovery, providing services to:

- Pregnant IV drug users
- Women transitioning back into the community from the justice system
- Homeless addicted women who are pregnant or have children.

PROGRAM SPECIFICS

The program includes a secure, gender specific, family-centered, healing home environment. Specifically:

- Compassionate 24 hour, 7 day-a-week staffing
- Bilingual staff
- Individual one-on-one counseling
- Weekly parenting groups utilizing *Nurturing Parenting*, an evidenced based parenting program.
- Individualized parenting support, education, and skill building
- Therapeutic and relapse prevention groups utilizing evidenced based practices
- Access to AA and NA meetings
- Transportation to appointments
- Intensive case management
- Referral and coordination of other necessary services.
- Visitation with non-custodial children or reunification planning with Division of Children, Youth and Families (DCYF)

Participants may access aftercare services for up to six months following completion of the program. Based on their individual needs, participants are assisted in locating supported, transitional, or permanent housing for themselves and their children.



Rebuilding families, one day at a time.

THE CYNTHIA DAY FAMILY CENTER SERVES
WOMEN AGES 18 AND OLDER
WHO ARE COMMITTED TO A
BETTER LIFE FOR THEMSELVES
AND THEIR CHILDREN

440 Amherst St
Nashua, NH 03060

To make a referral
or apply for services:
Call (603) 594-8954
www.keystonehall.org

GENDER-SPECIFIC

FAMILY-CENTERED

HOLISTIC

INDIVIDUALIZED