

# Sydenham

## **Sydenham Stroke Survivor, Family and Caregiver Support Group**

- Provides information, social and emotional support to deal with life changes related to stroke.
- Meets monthly.
- Focus is on practical advice; maintain a healthy lifestyle, emotional well-being and connections in the community.

### **To connect with Stroke Services and/or get up to date information on program schedules please contact:**

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Victorian Order of Nurses for Canada

Charitable Number: 129 482 493 RR0001



# Stroke Services

Our focus is on practical advice, support, sharing, fun, maintaining a healthy lifestyle, emotional well-being and connections in the community.

- Stroke services are for stroke survivors, family and caregivers.
- There is no fee to participate.
- Services are intended for adults age 18 and over.
- Contact Program Coordinator for registration.

**Dates and Times of programs are subject to change**



SOCIAL CONNECTION

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## Volunteer Services

### Aphasia Buddies Program

- Volunteers offer regularly scheduled conversations with the person with Aphasia to reduce social isolation, build confidence and self-esteem.
- Volunteers are requested/matched through the VON Stroke Services Program Coordinator.

### Survivor Peer Support Program

- Trained stroke survivors visit other survivors in the hospital or community.
- Volunteers offer their personal experience, information and encouragement. They also provide a connection to the community support groups.

## Kingston

### Stroke Survivor Support Group

- Provides information, social and emotional support to better cope with life changes related to stroke.

### Caregiver Support Group

- For caregivers who have a family member/friend living in the community or long-term care/retirement home.
- Focus is on reducing caregiver strain through self-care, knowledge of community resources and information about stroke recovery.

### Aphasia Support Group

- Build confidence, reduce social isolation, promote independence and help achieve personal goals.
- Safe place to talk and increase your communication skills.

### Stroke Education Series

- Offered annually, a learning series focusing on different aspects of stroke.
- Topics include: understanding and preventing stroke, managing physical challenges, cognitive, emotional and communication changes, activities and relationships, and goal setting.

### Aphasia Conversation Group with SLP

- 8-week Aphasia Conversation Group with Speech Language Pathologist (SLP) and VON Stroke Services Program Coordinator.
- Meets weekly for 8 weeks for 1 hour.
- Building confidence, and using tools to help support conversation.

## Napanee

### Napanee Stroke Survivor, Family and Caregiver Support Group

- Provides information, social and emotional support to deal with life changes related to stroke.
- Meets monthly.
- Focus is on practical advice; maintain a healthy lifestyle, emotional well-being and connections in the community.

### Aphasia Peer Support Group

- Build confidence, reduce social isolation, promote independence and help achieve personal goals.
- Meets Monthly.
- Safe place to talk and increase your communication skills.

