

## SOUTHEAST STROKE SUPPORT GROUP SERVICES

Support groups for stroke survivors and caregivers are available across the southeast. All groups are facilitated by a professional and are offered at no cost. If transportation is a barrier, the Support Group Facilitator can provide options to assist with this.

Depending on the area, support groups may include:

- Stroke Survivor Groups
- Caregiver Groups
- Younger Stroke Survivor Groups
- Social/Recreational Groups
- Aphasia Support Groups
- Stroke-Specific Day Programs

Support groups offer an opportunity to meet with others who have been affected by a stroke event to share experiences and to learn about stroke and the available resources.

Support Group Facilitators also offer a free *Regional Stroke Education Program*. This is a weekly self-management program offered to stroke survivors and caregivers over a 6-to-8-week period.

Peer visiting programs are also coordinated by the Support Group Facilitators. Stroke survivors who have received specialized training visit individuals in hospital who have newly experienced a stroke to offer support.

Call the number listed below for your area to find out what is available.

Area	Organization	Facilitator	Contact
Hastings Prince Edward	Community Care for South Hastings	Lorraine Pyle	Community Care for South Hastings 613-969-0130, Ext. 36507 <a href="mailto:lorrainep@ccsh.ca">lorraine@ccsh.ca</a>
Kingston, Frontenac, Lennox & Addington	VON-Greater Kingston	Emilia Leslie	VON-Greater Kingston (613) 634-0130, Ext. 3469 Toll free: 1-800-301-0076 <a href="mailto:emilia.leslie@von.ca">emilia.leslie@von.ca</a>
Lanark, Leeds & Grenville	Senior Support Services -LLG	Jennifer Godkin	Senior Support Services -LLG 613-342-3693, Ext. 2043 Toll free: 1-800-465-7646 <a href="mailto:jgodkin@seniorsupportllg.ca">jgodkin@seniorsupportllg.ca</a>

## Community Supports



### Best Practice & Education

Best practice translation tools and resources.

[Learn more](#)

### Upcoming Events

February 16, 2022

Holding Back the Flood: Approaches to Stroke Prevention

[More Events](#)

### The Latest News

January 21, 2022 | New Appointments

New Vascular Protection Nurse at Perth & Smithfalls District Hospital

Click on "COMMUNITY SUPPORTS"

[▶ New Patient Journey Map for Stroke Survivors & Families in the South East](#)

[Learn More](#)

[▼ Stroke Support Groups in Southeastern Ontario \(Brochures\)](#)

- **\*\*Regional Referral Form\*\***
- [Southeast Stroke Support Group Services](#)
- [Southeast Stroke Education Program - FALL 2024](#)
- [VON Stroke Services Support Groups](#)
  - [Kingston Support Group](#)
  - [Sydenham Support Group](#)
  - [Napanee Support Group](#)
- [Hastings & Prince Edward Stroke Support Groups](#)
  - [Younger Stroke Survivor Group](#)
- [Brockville, Perth and Smiths Falls Stroke Support Groups](#)

[▶ Aphasia Supportive Conversation Groups](#)

[▶ Stroke Specific Community Exercise Groups \(Posters\)](#)

[▼ Stroke-Specific Day Program](#)

- [VON Stroke Survivors Day Program - Bath](#)
- [Stroke Focused Day Program - Brockville](#)
- [Pathways To Stroke Rebound Day Program - Belleville](#)

[▶ Interactive Community Resources Websites](#)

Scroll down and select "Stroke Support Groups in Southeastern Ontario (Brochures)" and then click on relevant geographic area