



**Senior Support Services**

# Stroke**Understood** Support Group

**FOR PEOPLE WHO HAVE HAD A STROKE  
AND CAREGIVERS**

The support group meetings are open to anyone who is recovering from the effects of a stroke and caregivers. The group is led by a trained facilitator and confidentiality is respected by all members. The group meets monthly for an exchange of ideas, experiences and life strategies.

## **Meeting Locations...**

### **CPHC - Senior Support Services**

2235 Parkedale Ave. Last Monday of the Month  
Brockville, Ontario 1:00pm to 3:00pm

### **Perth Hospital**

33 Drummond St. W. Last Friday of the Month  
Perth, Ontario 1:00pm to 3:00pm

## **Benefits Of Attending The Support Group...**

Make new associations and meet new people

Share your story, your experiences, your concerns and your solutions.

Learn from each other and share strategies for success.

Discover Community Resources.

Learn from a variety of guest speakers chosen by the group participants.

Make your voice heard among peers.

**For the Stroke Survivor** – Social support is a key component of stroke recovery as it can increase self-confidence and decrease feelings of isolation, fear and loneliness. At the meetings you will find peers who understand your post-stroke situation.

**For The Caregiver** – Meetings with other caregivers provides an opportunity to support one another in learning to deal with the life changes resulting from a stroke.

### **Group Services:**

- Confidential
- Open to people who have had a stroke & caregivers
- Open to new members
- Led by a trained facilitator
- Meets monthly

### **Individual Services:**

- Information
- Emotional support
- Referral to Community Resources

**If you are a stroke survivor or caregiver and would like to join our group or for more information please contact:**

**Jennifer Godkin**

**CPHC -Senior Support Services**

613-342-3693 ext. 2043

Toll free: 1-800-465-7646 ext. 2043

**[jgodkin@cphcare.ca](mailto:jgodkin@cphcare.ca)**

