

Why attend a stroke survivor or caregiver support group?

- To learn about stroke recovery
- Share tips on how to adjust to daily life, tasks and routines
- Make social and emotional connections
- Understand and share personal experiences
- Reduce isolation and the feeling of being alone
- Learn about community resources
- Led by a trained facilitator
- Open to new members, both stroke survivors and caregivers

Learn the signs of stroke

- F**ace is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F.A.S.T.** Lifesaving treatment begins the second you call 9-1-1.

©Heart and Stroke Foundation of Canada, 2021

COMMUNITY CARE FOR SOUTH HASTINGS



**Ontario
Health**



United Way
Hastings &
Prince Edward



Community Care For South Hastings
470 Dundas Street East, Unit # 63
Belleville, Ontario
K8N 1G1

Phone: 613-969-0130 x 36507
Fax: 613-969-1719

<https://ccsh.ca>

CCSH
CommunityCare
for South Hastings



Stroke Services

Offering both virtual and in person programming



StrokeUnderstood

Belleville:

613-969-0130

Deseronto:

613-396-6591

Toll Free:

1-844-654-3283



Stroke Support Groups for Hastings and Prince Edward Counties

Aphasia Conversation Group

Spring and Fall Sessions

- Offered in partnership with Quinte Rehab,
- Led by a Speech Language Pathologist.
- Meet other adults living with Aphasia
- Practice your communication skills in a fun, stimulating environment.
- Sessions are 1.5 hours for 8 weeks.

Other Programming Offered Periodically

- Special Educational Events
- Special Events, may include Art therapy, Physio therapy, Music therapy

Regional Stroke Education Spring and Fall Sessions

Topics include:

- Understanding Stroke
- Preventing A Stroke
- Physical Changes /Communication
- Healthy Lifestyle Choices/Nutrition
- Changes in Emotions/ Energy/Cognition and Perception
- Finding your New Normal/Moving Forward
- Sessions are 1.5 hours for 6 weeks.

Peers to Peers Stroke Talk

Every Monday 10:00AM—via Zoom

Each week, new topic regarding life after stroke. Facilitated but peer

Stroke Community Info Group

2nd Wednesday of the Month 10:00am-11:30am

A venue for stroke survivors to meet and develop positive, supportive relationships with others.

- Stroke survivors sharing recovery, successes, and challenges.
- Receive expert stroke related information from relevant community resources.

Caregiver Group

3rd Thursday of the Month 1:00pm-2:30pm

Caregivers and survivors meet same time, same location but in separate rooms. Each facilitated group has an opportunity to share their individual thoughts and feelings.

- Make social, therapeutic, and emotional connections with other caregivers.
- Caregivers learn the importance of self-care, while survivors can build supportive relationships with other survivors.

Back on Track Group Younger Survivors

4th Wednesday of the Month 10:00am-11:30am

A group for younger survivors and their caregivers. Facilitated discussions on family dynamics following a stroke, including:

- Changing family roles/responsibilities
- Financial advice
- Returning to work and workplace accommodations
- Child-rearing
- Maintaining healthy relationships and lifestyles

Social Recreational Group “Life Goes On”

Once a month

Evening Group

First Wednesday evening of every month .

For those who are not able to attend day time programming.

“Leaving No One Out”

For more information or to register, please contact Lorraine Pyle at:

613-969-0130 ext. 36507

Email: lorrainep@ccsh.ca