### Why attend a stroke survivor or caregiver support group?

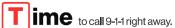
- To learn about stroke recovery
- Share tips on how to adjust to daily life, tasks and routines
- Make social and emotional connections
- Understand and share personal experiences
- Reduce isolation and the feeling of being alone
- Learn about community resources
- · Led by a trained facilitator
- Open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

# Learn the signs of stroke









Act **FAST** because the quicker you act, the more of the person you save.

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# COMMUNITY CARE FOR SOUTH HASTINGS







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

Phone: 613-969-0130 xt. 36507 Fax: 613-969-1719

Website: https://ccsh.ca



#### **Stroke Services**

Offering both virtual and in person programming



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 & District Rehabilitation
- Lead 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

#### Regional Stroke Education Program

**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

## Other Programming Offered Periodically

- Special Educational Events
- Special Social Events

#### **First Step Group**

Set as required

A small introductory group intended for those who may not yet feel comfortable in attending a larger group.

#### **Peers to Peers Stroke Talk**

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 topics and community resources.

#### **Caregiver/Survivor Groups**

Caregivers and survivors meet at the same time and 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 selfcare, while survivors can build supportive relationships with other survivors.

## Back on Track Group Younger Survivors

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"

After a stroke, life can get better! Knowing your not alone helps

Are you interested in joining a positive group of people that are choosing to live a fulfilling life after a stroke? Engage in education groups, community outings, opportunities to learn from each other, be part of a team to raise awareness, and so much more offered from time to time.

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

613-969-0130 ext. 36507

Email: lorrainep@ccsh.ca