

## 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?  
**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.

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

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## COMMUNITY CARE FOR SOUTH HASTINGS



**Ontario Health**



**United Way**  
Hastings &  
Prince Edward



**Community Care For South Hastings**  
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Belleville, Ontario  
K8N 1G1

**Phone: 613-969-0130 x 36507**  
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<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

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- 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.

## Stroke Education Program

### Spring and Fall Sessions

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### Offered Virtually—Open to the SE region

#### 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

## Other Programming Offered Periodically

- Special Educational Events
- Special Social Events

## First Step Group

### Set as required

1st Wednesday of the Month 10:00am-11:30am

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

## Stroke Community Info Group

2<sup>nd</sup> Wednesday of the Month 10:00am-11:30am

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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/Survivor Groups

3<sup>rd</sup> Thursday of the Month 1:00pm-2:30pm

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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

4<sup>th</sup> Wednesday of the Month 10:00am-11:30am

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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”

Date & Time set by group members

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After a stroke, life can get better!

Are you interested in joining a fun-loving group of people that are choosing to live a fulfilling life after a stroke? Engage in community outings, group dining, local events, social gatherings, group activities, and making new friends.

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

613-969-0130 ext. 36507

Email: lorrainep@ccsh.ca