

Community Stroke Support Services **Hastings & Prince Edward**

Why attend a Stroke Support Group?

To learn about stroke recovery, share tips on how to adjust to daily life, tasks, and routines, Make social and peer connections, Understand and share personal experiences, Reduce isolation and the feeling of being alone, Learn about important community resources

What Do We Offer?

First Step Group – a small introductory group intended for those that may not yet feel comfortable in attending the larger groups, and who may wish more information on available community resources. *First Wednesday of the month 10:00am – 11:30am if needed*

Survivor Community Information Group - A venue for stroke survivors and caregivers to meet and develop positive, supportive relationships with others, and who will receive expert stroke related information from relevant community resources. *Second Wednesday of the month 10:00am – 11:30am*

Caregiver Groups – Caregiver meet separately to learning self-care strategies, and to connect to valuable community information and resources. *Third Thursday of the month 1:00pm – 2:30pm*

Younger Survivors Group – “Back on Track” -- Facilitated discussions on changing of family roles/responsibilities, finances, return to work, workplace accommodations, child rearing, maintaining healthy lifestyles, etc. *Fourth Wednesday of the month 10:00am – 11:30am*

Social Recreational Group - “Life Goes On” – location – self-directed, *last Thursday of the month*

Regional Stroke Education Program – free 6 consecutive, weekly educational sessions, each important topic is covered by a stroke professional currently working in the field. **Topics include:** • Understanding Stroke, • Reducing the Risk of Stroke • Physical Changes, Challenges, and Exercise • Nutrition/ Healthy Eating • Changes in Communication, Cognition, & Perception • Recognizing and Managing Difficult Emotions, Social Activities & Relationships • Moving Forward. *Program runs Spring and Fall.*

Aphasia Conversation Group – in partnership with Quinte Rehab- facilitated by a Speech Language Pathologist - meet other adults living with Aphasia, and practice your communication skills in a fun, and stimulating environment. Sessions are 1.5 hours each week for 8 weeks. (*Must be assessed by the SLP prior to attendance.*) *Sessions run Spring and Fall.*

***Periodic specialized programming is also available: rehabilitative activities carried out by Physio Therapy Assistant/Occupational Therapy Assistant students from Loyalist College, overseen by a registered Physiotherapist; Art Therapy sessions, and Music Therapy sessions, also overseen by registered therapists. *TBD*

For more information, Call Lorraine Pyle – Stroke Support Services Coordinator - 613-969-0130 x 36507 Community Care for South Hastings - 470 Dundas Street E (Bayview Mall) Belleville, ON K8N 1G1 – lorrainep@ccsh.ca

Groups are offered both virtually by Zoom and in person

If you are not familiar with Zoom – directions and practice can be done prior to attending groups