

Sydenham

Sydenham Stroke Survivor, Family and Caregiver Support Group

- Provides information, social and emotional support to deal with life changes related to stroke.
- Meets monthly.
- Focus is on practical advice; maintain a healthy lifestyle, emotional well-being and connections in the community.

To connect with Stroke Services and/or get up to date information on program schedules please contact:

Emilia Leslie—Program Coordinator
Phone: 613-634-0130 ext. 3469
Fax: 613-634-0125
E-mail: Emilia.Leslie@von.ca

1-745 Progress Ave, Kingston ON

K7M 6S4

Tel: 613-634-0130 or 1-800-301-0076

Fax: 613-634-0125

www.von.ca

Victorian Order of Nurses for Canada

Charitable Number: 129 482 493 RR0001



Stroke Services

Our focus is on practical advice, support, sharing, fun, maintaining a healthy lifestyle, emotional well-being and connections in the community.

- Stroke services are for stroke survivors, family and caregivers.
- There is no fee to participate.
- Services are intended for adults age 18 and over.
- Contact Program Coordinator for registration.

Dates and Times of programs are subject to change



SOCIAL CONNECTION

Make a lasting difference in your community.

Volunteer with VON today!

Every day, VON volunteers help make Canadian communities healthier. If you want to give back to your community by sharing your time and caring for others, we have a role for you.

Visit www.von.ca/volunteer

Volunteer Services

Aphasia Buddies Program

- Volunteers offer regularly scheduled conversations with the person with Aphasia to reduce social isolation, build confidence and self-esteem.
- Volunteers are requested/matched through the VON Stroke Services Program Coordinator.

Survivor Peer Support Program

- Trained stroke survivors visit other survivors in the hospital or community.
- Volunteers offer their personal experience, information and encouragement. They also provide a connection to the community support groups.

Kingston

Stroke Survivor Support Group

- Provides information, social and emotional support to better cope with life changes related to stroke.

Caregiver Support Group

- For caregivers who have a family member/friend living in the community or long-term care/retirement home.
- Focus is on reducing caregiver strain through self-care, knowledge of community resources and information about stroke recovery.

Aphasia Support Group

- Build confidence, reduce social isolation, promote independence and help achieve personal goals.
- Safe place to talk and increase your communication skills.

Living with Stroke™ (LWS)

- 6 week learning series designed by Heart and Stroke focuses on different aspects of stroke. Topics include: recovery and personal goals, physical challenges, nutrition, reducing the risk of stroke, cognitive, emotional and communication changes, activities and relationships.

Aphasia Conversation Group with SLP

- 8-week Aphasia Conversation Group with Speech Language Pathologist (SLP) and VON Stroke Services Program Coordinator.
- Meets weekly for 8 weeks for 1 hour.
- Building confidence, and using tools to help support conversation.

Napanee

Napanee Stroke Survivor, Family and Caregiver Support Group

- Provides information, social and emotional support to deal with life changes related to stroke.
- Meets monthly.
- Focus is on practical advice; maintain a healthy lifestyle, emotional well-being and connections in the community.

Aphasia Peer Support Group

- Build confidence, reduce social isolation, promote independence and help achieve personal goals.
- Meets Monthly.
- Safe place to talk and increase your communication skills.

