

SOUTHEAST STROKE SUPPORT GROUP SERVICES

Support groups for stroke survivors and caregivers are available across the southeast. All groups are facilitated by a professional and are offered at no cost. If transportation is a barrier, the Support Group Facilitator can provide options to assist with this.

Depending on the area, support groups may include:

- Stroke Survivor Groups
- Caregiver Groups
- Younger Stroke Survivor Groups
- Couples Groups
- Social/Recreational Groups
- Aphasia Support Groups

Support groups offer an opportunity to meet with others who have been affected by a stroke event to share experiences and to learn about stroke and the available resources.

Support Group Facilitators also offer the free *Living with Stroke*[®] program. This is a weekly Heart & Stroke self-management program offered to stroke survivors and caregivers over a 6 to 8 week period.

Peer visiting programs are also coordinated by the Stroke Support Group Facilitators. Stroke survivors who have received specialized training visit individuals in hospital who have newly experienced a stroke to offer support.

Call the number listed below for your area to find out what is available.

Area	Organization	Facilitator	Contact
Hastings Prince Edward	Community Care for South Hastings	Lorraine Pyle	Community Care for South Hastings 613-969-0130 Toll free: 1-844-654-3283
Kingston, Frontenac, Lennox & Addington	VON-Greater Kingston	Emilia Leslie	VON-Greater Kingston (613) 634-0130 Toll free: 1-800-301-0076
Lanark, Leeds & Grenville	Senior Support Services (CPHC)	Jennifer Godkin	Senior Support Services (CPHC) 613-342-3693, Ext. 2043 Toll free: 1-800-465-7646

Go to: www.strokenetworkseo.ca

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Community Supports



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Best practice knowledge, tools and resources.

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Upcoming Events

February 16, 2022

Holding Back the Floodgates: Approaches to Stroke Prevention

[More Events](#)

The Latest News

January 21, 2022 | New Appointments

New Vascular Protection Nurse at Perth & Smithfalls District Hospital

Click on "COMMUNITY SUPPORTS"

▶ **New Patient Journey Map for Stroke Survivors & Families in the South East**

▶ **Stroke Support Groups in Southeastern Ontario (Brochures)**

- [Southeast Stroke Support Group Services](#)
- [VON Stroke Services Support Groups](#)
 - [Kingston Support Group](#)
 - [Sydenham Support Group](#)
 - [Napanee Support Group](#)
 - [Summary of Greater Kingston VON Stroke Support Groups](#)
- [Summary Listing of Hastings & Prince Edward Stroke Support Groups](#)
- [Belleville Stroke Support Group](#)
- [Prince Edward County Stroke Support Group](#)
- [Trenton Stroke Support Group](#)
- [Brockville, Perth and Smiths Falls Stroke Support Groups](#)

▶ **Living with Stroke**

▶ **Aphasia Supportive Conversation Groups**

▶ **Stroke Specific Community Exercise Groups (Posters)**

▶ **Interactive Community Resources Websites**

On behalf of the team at PSFDH, we would like to take a moment to congratulate Tracy Thorne as the successful candidate for the Clinic Nurse Role within our Vascular Protection Clinic (VPC). Tracy has been well known to our PSFDH team, most recently for her work as a Care Coordinator for Home and Community Care Support Services (South East) where she had the important role of coordinating and developing home care needs based on the individualized needs of our patients. [Read More...](#)

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Scroll down and select "Stroke Support Groups in Southeastern Ontario (Brochures)" and then click on relevant geographic area