

GROUP SERVICES:

- Confidential
- Open to people who have had a stroke and caregivers
- Open to new members
- Led by a trained facilitator
- Meets monthly

INDIVIDUAL SERVICES:

- Information
- Emotional support
- Referral to Community Resources

IF YOU ARE A STROKE SURVIVOR OR CAREGIVER AND WOULD LIKE TO JOIN OUR GROUP OR FOR MORE INFORMATION PLEASE CONTACT:

Jennifer Godkin
Senior Support Services-CPHC
2235 Parkedale Avenue
Brockville, Ontario K6V 6B2

613-342-3693, ext. 2043
Toll free: 1-800-465-7646 ext. 2043
jgodkin@cphcare.ca

For additional services please contact: 613-342-3693 or info@cphcare.ca

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Senior Support Services

*Supporting Seniors Independence
at Home and in the Community.*



StrokeUnderstood
Support Group

**FOR PEOPLE WHO HAVE HAD A STROKE AND
CAREGIVERS.**

Community Stroke Survivor and Caregiver

Support Group

WHO SHOULD ATTEND

The support group meetings are open to anyone who is recovering from the effects of a stroke and caregivers. The group is led by a trained facilitator and confidentiality is respected by all members. The group meets monthly for an exchange of ideas, experiences and life strategies.

WHERE

Senior Support Services-CPHC
2235 Parkedale Avenue
BROCKVILLE, Ontario

Trinity United Church
41 Market St. N
Smiths Falls, ON

WHEN

Brockville & Area - 4th Monday of every month
1:30 P.M. to 3:30 P.M.

Smiths Falls & Area - 2nd Monday of every month
10:00 A.M. to 12:00 P.M.

FOR THE STROKE SURVIVOR

Social support is a key component of stroke recovery as it can increase self-confidence and decrease feelings of isolation, fear and loneliness. At the meetings you will find peers who understand your post-stroke situation.

FOR THE CAREGIVER

Meeting with other caregivers provides an opportunity to support one another in learning to deal with the life changes resulting from a stroke.

BENEFITS TO YOU OF ATTENDING THE SUPPORT GROUP

- Make new associations and meet new people
- Share your story, your experiences, your concerns and your solutions
- Learn from each other and share strategies for success
- Discover Community Resources
- Learn from a variety of guest speakers chosen by the group participants
- Make your voice heard among peers