

# COMMUNITY CARE FOR SOUTH HASTINGS



## Groups are:

- Confidential
- Scheduled monthly
- Open to stroke survivors and stroke caregivers
- Open to new members
- Led by a trained facilitator



## Stroke Services



StrokeUnderstood

**Community Care For South Hastings**  
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For more information, or to register  
for a group, please contact Lorraine  
at:

Telephone : 613-969-0130

Fax: 613-969-1719

Website: <https://ccsh.ca>



# Stroke Support Groups for Hastings and Prince Edward Counties

## Why attend a stroke survivor or caregiver support group?

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- 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

## Living with Stroke® Series

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- 6 consecutive, weekly educational sessions

### Topics include:

- Understanding Stroke
- Physical Changes & Challenges
- Swallowing & Nutrition
- Cognition, Perception & Communication
- Activities & Relationships
- Reducing the Risk of Stroke

## Survivor Group

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

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- A venue for stroke survivors to meet and develop positive, supportive relationships in a safe environment
- Stroke survivors sharing recovery, successes, and challenges
- Resources and education to help encourage active satisfying lives
- Opportunities to discuss feelings of Isolation, depression and anxiety following a stroke
- Education to help better understand stroke prevention, rehabilitation, recovery, and overall wellness

## Caregiver/Survivor Groups

**3<sup>rd</sup> Thurs 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
- Opportunity for both parties to share their successes and challenges
- Understand and share lived experiences, share tips on how to adjust to the “new normal”
- Caregivers learn the importance of self-care, while survivors can build supportive relationships with other survivors

## Younger Survivor Group

### “Back on Track”

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

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- Facilitated discussions on family dynamics following a stroke
- Discussions on the changing of family roles/responsibilities
- Financial advice from community experts
- Information on ways you can re-enter the workforce
- Information on age appropriate education for children following stroke
- Maintaining relationships/intimacy/social engagement
- Any members of the support circle welcome

## Recreational Community 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 call Lorraine @ 613-969-0130 ext. 5207**