

## Aphasia Conversation Group

8 week sessions in Spring and Fall

Offered in partnership with Quinte & District Rehab, Speech Language Pathologist. Meet other adults living with Aphasia and practice your communication skills in a fun, stimulating environment. Sessions are 1.5 hours for 8 weeks.



Other In-Person Stroke Support Group locations in Hastings-Prince Edward:

### Prince Edward County

PEC Community Care for Seniors Association

74A King Street, Picton Ontario

First Friday of the month, 9:30-11:30 a.m.

### Quinte West

Hastings-Prince Edward Health Unit  
West End Plaza

499 Dundas Street West, Trenton Ontario

Third Friday of the month, 9:30-11:30 a.m.

## COMMUNITY CARE FOR SOUTH HASTINGS



**Community Care For South Hastings  
470 Dundas Street East, Unit # 63  
Belleville, Ontario  
K8N 1G1**

**Phone: 613-969-0130  
Fax: 613-969-1719**

**[www.ccsht.ca](http://www.ccsht.ca)**



## Stroke Services



StrokeUnderstood

Belleville: 613-969-0130

Deseronto: 613-396-6591

Toll Free: 844-654-3283



# 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
- Monthly, confidential meetings
- Led by a trained facilitator
- Open to new members, both stroke survivors and caregivers

## Living with Stroke® Series

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6 consecutive, weekly educational sessions; runs Spring and Fall

### Topics include:

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

## First Step Group

Set as required

1st Wednesday of the Month 10:00am-11:30am

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A small introductory group intended for those who may not yet feel comfortable in attending a larger group.

## Stroke Community Info Group

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

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A venue for stroke survivors to meet and develop positive, supportive relationships with others.

- Stroke survivors sharing recovery, successes, and challenges.
- Receive expert stroke related information from relevant community resources.

## Caregiver/Survivor Groups

3<sup>rd</sup> Thursday 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.
- Caregivers learn the importance of self-care, while survivors can build supportive relationships with other survivors.

## Back on Track Group

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

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A group for younger survivors and their caregivers. Facilitated discussions on family dynamics following a stroke, including:

- Changing family roles/responsibilities
- Financial advice
- Returning to work and workplace accommodations
- Child-rearing
- Maintaining healthy relationships and lifestyles

## Social Recreational 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 or to register, please contact Lorraine at:

613-969-0130 ext. 5207

Email: [lorrainep@ccsh.ca](mailto:lorrainep@ccsh.ca)