

Stroke Support Services Hastings & Prince Edward

Why attend a Stroke Support Group?

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 important community resources

What Do We Offer?

First Step Group – a small introductory group intended for those that may not yet feel comfortable in attending the larger groups, and who may wish more information on available community resources. **First Wednesday of the month 10:00am – 11:30am**

Survivor Community Information Group - A venue for stroke survivors and caregivers to meet and develop positive, supportive relationships with others, and who will receive expert stroke related information from relevant community resources. **Second Wednesday of the month 10:00am – 11:30am**

Caregiver/Survivor Groups - 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. **Third Thursday of the month 1:00pm – 2:30pm**

Back on Track Group – Younger survivors/caregivers - Facilitated discussions on changing of family roles/responsibilities, finances, return to work, workplace accommodations, child rearing, maintaining healthy lifestyles, etc. **Fourth Wednesday of the month 10:00am – 11:30am**

Social Recreational Group - “Life Goes On” – self directed, date & time set by group members, Moving on after stroke – **meets once a month.**

Prince Edward County - In Person Stroke Support Group – 74A King Street, Picton On. – PEC Community Care for Seniors Association – **First Friday of every month – 9:30am – 11:30am**

Quinte West – In Person Stroke Support Group – 499 Dundas St W. West End Plaza, Trenton - Hastings Prince Edward Health Unit – **Third Friday of every month – 9:30am-11:30am**



Living with Stroke Program – free 6 consecutive, weekly educational sessions

Topics include: • Understanding Stroke, • Physical Changes & Challenges • Swallowing & Nutrition • Cognition, Perception & Communication • Activities & Relationships • Reducing the Risk of Stroke • Moving Forward. **Program runs Spring and Fall.**

Aphasia Conversation Group – 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 each week for 8 weeks. **Sessions run Spring and Fall.**

**For more information, Call Lorraine Pyle – Stroke Support Coordinator
613-969-0130 x 5207**

**Community Care for South Hastings
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