



Greater Kingston Stroke Support Group Programs

KINGSTON STROKE SUPPORT GROUPS

Support groups for stroke survivors, family and caregivers. These groups are intended for adults age 18 and over. Focus is on practical advice; support, sharing, fun, maintaining a healthy lifestyle, emotional well being and connections in the community. There is no fee to participate. New members may join at any time, but should speak to the facilitator before attending their first meeting as dates and times might change.

Stroke Survivor Group Kingston

- Provides information, social and emotional support to deal with life changes related to stroke.
- Meets 1st Wednesday of the month 11.00am-12.30pm and 3rd Thursday of the month 1.30-3.30pm at the Waterford Kingston Retirement Residence, 471 Cataraqui Woods Dr, Kingston.

The Warriors

- Provides information, social and emotional support to deal with life changes and challenges after a stroke for the younger survivor, their families and/or support network.
- Meets every 3rd Monday of the month 1.00-3.00pm

Stroke Family and Caregiver Support Group

- Provides information, social and emotional support to deal with life changes related to taking on a caregiver role for someone living with stroke.
- Caregivers may have a family member/friend living in the community or long-term care/retirement home.
- Focus is on reducing caregiver stress through self-care, knowledge of community resources and information about stroke recovery.
- Meets every 2nd Wednesday of the month 1.00-3.00pm

Stroke Couples Group

- This group is for stroke survivors and partners who want to attend a group together.
- Provides information, social and emotional support in dealing with life changes related to stroke. Focus is on helping couples adjust to the change in roles and their relationship brought on by stroke,
- Most participants are married couples, though other couples may participate (e.g. parent and adult child)



Greater Kingston Stroke Support Group Programs

Living with Stroke

- This 8-week learning series focuses on different aspects of stroke recovery and personal goals – physical challenges, nutrition, reducing the risk of stroke, cognitive, emotional and communication changes, activities and relationships.
- Offered once or twice a year, depending on demand.

Peer Visiting Program

- Trained stroke survivors visit other survivors in the hospital or community.
- Volunteers offer their personal experience, information and encouragement. They also provide a connection to the community support groups.

Aphasia Buddies Visiting Program

- Volunteers offer one hour conversation once a week with the person with aphasia.
- Help reduce social isolation build confidence and self esteem.
- Volunteers are requested/matched through the Coordinator.
- Meeting between volunteers and person with aphasia are flexible

Aphasia Conversational Group

- 8 week aphasia conversation group with and speech language pathologist and stroke coordinator.
- Building confidence, and using tools to help support conversation.

Aphasia Peer supported Conversation Group

- Build confidence, reduce social isolation, promote independence and help achieve personal goals, meets weekly
- Safe place to talk and increase your communication skills.

Contact: Facilitator: Lynda Lennox stroke support coordinator
lynda.lennox@von.ca 613-634-0130 Ext 3469

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NAPANEE GROUPS

Contact: Facilitator: Lynda Lennox stroke support coordinator
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Napanee Stroke Survivor, Family and Caregiver Group

- Provides information, social and emotional support to deal with life changes related to stroke. Meets monthly.
- Focus is on practical advice; maintain a healthy lifestyle, emotional well being and connections in the community.
- Provides information, social and emotional support to deal with life changes related to taking on a caregiver role for someone living with stroke.

Aphasia Peer supported Conversation Group

- Build confidence, reduce social isolation, promote independence and help achieve personal goals, meets weekly
- Safe place to talk and increase your communication skills.

Living with Stroke

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SYDENHAM GROUPS

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Sydenham Stroke Survivor, Family and Caregiver Group

- Provides information, social and emotional support to deal with life changes related to stroke. Meets monthly.
- Focus is on practical advice; maintain a healthy lifestyle, emotional well being and connections in the community.
- Provides information, social and emotional support to deal with life changes related to taking on a caregiver role for someone living with stroke.

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