

SOUTHEAST STROKE SUPPORT GROUP SERVICES

Support groups for stroke survivors and caregivers are available across the southeast. All groups are facilitated by a professional and are offered at no cost. If transportation is a barrier, the Support Group Facilitator can provide options to assist with this.

Depending on the area, support groups may include:

- Stroke Survivor Groups
- Caregiver Groups
- Younger Stroke Survivor Groups
- Couples Groups
- Social/Recreational Groups
- Aphasia Support Groups

Support groups offer an opportunity to meet with others who have been affected by a stroke event to share experiences and to learn about stroke and the available resources.

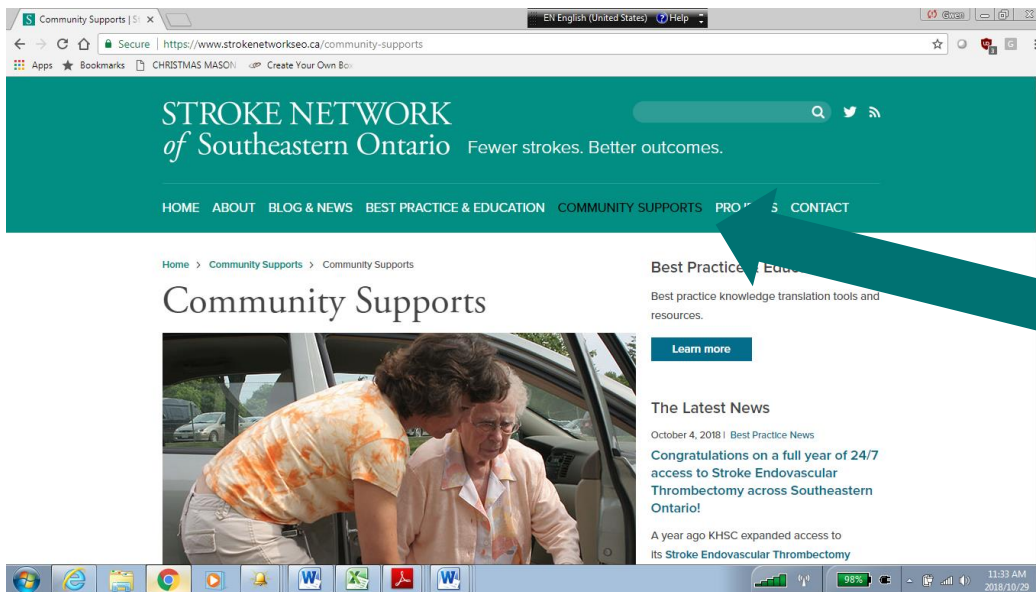
Support Group Facilitators also offer the free *Living with Stroke*[®] program. This is a weekly Heart & Stroke self-management program offered to stroke survivors and caregivers over a 6 to 8 week period.

Peer visiting programs are also coordinated by the Stroke Support Group Facilitators. Stroke survivors who have received specialized training visit individuals in hospital who have newly experienced a stroke to offer support.

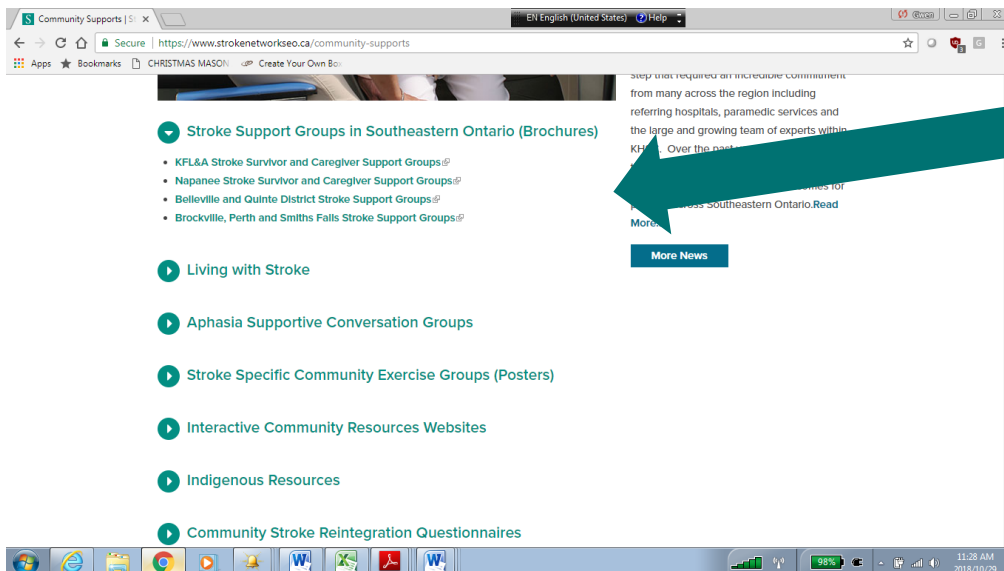
Call the number listed below for your area to find out what is available.

Area	Organization	Facilitator	Contact
Hastings Prince Edward	Community Care for South Hastings	Lorraine Pyle	Community Care for South Hastings 613-969-0130 Toll free: 1-844-654-3283
Kingston, Frontenac, Lennox & Addington	VON-Greater Kingston	Lynda Lennox	VON-Greater Kingston 613-634-0130 Toll free: 1-800-301-0076
Lanark, Leeds & Grenville	Senior Support Services (CPHC)	Wendy Clark	Senior Support Services (CPHC) 613-342-3693, Ext. 2161 Toll free: 1-800-465-7646

Go to: www.strokenetworkseo.ca



Click on **COMMUNITY SUPPORTS**



Select Stroke Support Groups in Southeastern Ontario (Brochures) and then click on relevant geographic area