

Groups are:

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



For more information, or to register for a group, please contact Lorraine at:

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Website: www.ccsht.ca

COMMUNITY CARE FOR SOUTH HASTINGS



The Parrott Foundation

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

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

CommunityCare
for South Hastings

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?

- 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
- Share encouragement and information
- Have others validate your struggles, frustrations, fears and triumphs
- Learn about community resources
- Opportunity to participate in community outings which focus on the physical, mental and social aspects of healthy living

Stroke Survivor Group

- Bring Survivors together to share recovery, successes and stressors
- Talk about recovery at home
- Share feelings of isolation, anxiety, depression and other emotions
- Learn about and practice goal setting and self management
- Talk about rehabilitation
- Share ideas about community resources

Caregiver Support Group

- An opportunity to share the effects of stroke on family relationships
- Share information about successful coping strategies
- Discuss ideas to deal with daily challenges
- Discuss availability of community resources and how to access them
- Share information about 'caring for the caregiver'

Couples Group

- Stroke survivors and their caregivers meet together
- Help manage changes in daily life and in relationships
- Share concerns, and problem solve together

Living with Stroke® Series

- 6 consecutive, weekly sessions
- Focuses on life after a stroke
- Topics include:

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