

GROUP SERVICES:

- Confidential
- Open to people who have had a stroke and caregivers
- Open to new members
- Led by a trained facilitator
- Meets monthly

INDIVIDUAL SERVICES:

- Information
- Emotional support
- Referral to Community Resources

IF YOU ARE A STROKE SURVIVOR OR CAREGIVER AND WOULD LIKE TO JOIN OUR GROUP OR FOR MORE INFORMATION PLEASE CONTACT:

Wendy Clark

**Health Promoter, Stroke Survivor and Caregiver Support Group
Community and Primary Health Care
2235 Parkedale Avenue
Brockville, Ontario K6V 6B2**

613-342-3693, ext. 2161

Toll free: 1-800-465-7646 ext. 2161

wclark@cphcare.ca

For additional services please contact: 613-342-3693 or info@cphcare.ca

Supported by:



"A Partner Agency of United Way"



StrokeUnderstood Support Group

***FOR PEOPLE WHO HAVE HAD A STROKE AND
CAREGIVERS.***

Community Stroke Survivor and Caregiver

Support Group

WHO SHOULD ATTEND

The support group meetings are open to anyone who is recovering from the effects of a stroke and caregivers. The group is led by a trained facilitator and confidentiality is respected by all members. The group meets monthly for an exchange of ideas, experiences and life strategies.

WHERE

Community & Primary Health Care
2235 Parkedale Avenue
BROCKVILLE, Ontario

Carolina Retirement Suites
12 Alma Street
Perth, ON
K7H 2R7

WHEN

Brockville & Area - 4th Monday afternoon of every month
1:30 P.M. to 3:30 P.M.

Perth & Area - 1st Wednesday afternoon of every month
1:30 P.M. to 3:30 P.M.

FOR THE STROKE SURVIVOR

Social support is a key component of stroke recovery as it can increase self-confidence and decrease feelings of isolation, fear and loneliness. At the meetings you will find peers who understand your post-stroke situation.

FOR THE CAREGIVER

Meeting with other caregivers provides an opportunity to support one another in learning to deal with the life changes resulting from a stroke.

BENEFITS TO YOU OF ATTENDING THE SUPPORT GROUP

- Make new associations and meet new people
- Share your story, your experiences, your concerns and your solutions
- Learn from each other and share strategies for success
- Discover Community Resources
- Learn from a variety of guest speakers chosen by the group participants
- Make your voice heard among peers