



Greater Kingston VON Stroke Services Programs

KINGSTON

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.**
- **Contact facilitator for registration.**
- **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 Support Group Kingston

- Provides information, social and emotional support to deal with life changes related to stroke.
- Meets Weekly for 1 hour.
- ***Currently held virtually by Zoom during covid.**

Stroke 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.
- For Caregivers who 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 bi-weekly for 1 hour.
- ***Currently held virtually by Zoom during covid.**

Aphasia Peer Support Group

- Build confidence, reduce social isolation, promote independence and help achieve personal goals,
- Meets weekly for 1 hour.
- Safe place to talk and increase your communication skills.
- ***Currently held virtually by Zoom during covid.**

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Stroke Couples Support 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)
- ***Currently on hold.**

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 Monthly.
- ***Currently on hold.**

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.
- ***Currently on hold.**

Aphasia Conversation Group with SLP

- 8-week Aphasia Conversation Group with Speech Language Pathologist (SLP) and VON Stroke Services Program Coordinator.
- Meets weekly for 8 weeks for 1 hour.
- Preregistration required with VON Stroke Services Program Coordinator.
- Building confidence, and using tools to help support conversation.
- ***Currently held virtually by Zoom during covid.**

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Survivor Peer Support 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.
- Meetings are flexible based on each other's availability.
- ***Currently by phone or virtually, no in-person visits.**

Aphasia Buddies Program

- Volunteers offer regularly scheduled conversations with the person with Aphasia.
- Help reduce social isolation build confidence and self esteem.
- Volunteers are requested/matched through the VON Stroke Services Program Coordinator.
- Meetings between volunteers and person with Aphasia are flexible based on each other's availability.
- ***Currently by phone or virtually, no in-person visits.**

Contact:

Facilitator - Emilia Leslie

Greater Kingston Stroke Services Program Coordinator

emilia.leslie@von.ca 613-634-0130 Ext 3469

Please contact facilitator for up to date details, Zoom support, questions, and registration.

NAPANEE

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Napanee Stroke Survivor, Family and Caregiver Support 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.
- ***Currently on hold.**

Aphasia Peer Support Group

- Build confidence, reduce social isolation, promote independence and help achieve personal goals.
- Meets Monthly.
- Safe place to talk and increase your communication skills.
- ***Currently on hold.**

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.
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SYDENHAM

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Sydenham Stroke Survivor, Family and Caregiver Support 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.
- ***Currently on hold.**

Contact:

Facilitator - Emilia Leslie

Greater Kingston Stroke Services Program Coordinator

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Please contact facilitator for up to date details, Zoom support, questions, and registration.