

GK VON Stroke Services In-Person Support Groups

Please contact Stroke Services Coordinator, Emilia Leslie - (613) 634-0130, ext. 3469 or by email: [Emilia.leslie@von.ca](mailto:Emilia.leslie@von.ca) for registration and details.

**\*Registration is Required** \*Public Health Precautions in place due to COVID-19: Masks and Screening required. Please do not attend in-person if you are experiencing any symptoms listed in the self-screener

| Location        | Frequency:<br><b>Once a Month</b>               | Dates  | Group Type & Time   | Address   |
|-----------------|---|--|---|---|
| <u>Sydenham</u> | <b>3<sup>rd</sup> Monday</b><br>Of the month    | August 16 <sup>th</sup><br>September 20 <sup>th</sup><br>October 18 <sup>th</sup><br>November 15 <sup>th</sup><br>December 20 <sup>th</sup> *TBD | 1) <b>Stroke Support</b><br>@ 1:00-3:00pm   | <u>Grace Centre:</u><br>4295 Stage Coach Rd.,<br>Sydenham |
| <u>Napanee</u>  | <b>2<sup>nd</sup> Monday</b><br>Of the month    | September 13 <sup>th</sup><br>October 11 <sup>th</sup><br>November 8 <sup>th</sup><br>December 13 *TBD   | 1) <b>Aphasia Peer</b><br>@10:30-11:30am<br>2) <b>Stroke Support</b><br>@2:30-3:30pm  | <u>Napanee VON:</u><br>12 Richmond Park Dr.,<br>Napanee   |
| <u>Kingston</u> | <b>4<sup>th</sup> Wednesday</b><br>Of the month | October 27 <sup>th</sup><br>November 24 <sup>th</sup><br>December 23 <sup>rd</sup> *TBD  | 1) <b>Aphasia Peer</b><br>@10:00-11:00am<br>2) <b>Caregiver</b><br>@12:00-1:00pm<br>3) <b>Stroke Survivor</b><br>@2:00-3:00pm | <u>GK VON:</u><br>745 Progress Ave., Unit #1,<br>Kingston |

\*TBD – To be determined based on weather and participant interest.

Please note due to any changes with public Health Guidelines, groups may be placed on hold and in which case participants will be notified.

All locations for groups are accessible and have free parking. If transportation support is needed please contact Stroke Services Coordinator.

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## Virtual (Zoom) Support Group Calendar

**Virtual support groups will still be running with \*some changes, please see below:**

**Stroke Survivor (virtual):** Weekly - Tuesdays at 2pm

- *\*Please note the change to a cancellation of the Thursday group, starting October 27<sup>th</sup>.*

**Aphasia Peer Support (virtual):** Weekly - Wednesday at 10am

- *\*Please note the change to the 4<sup>th</sup> Wednesday of the month being in-person, starting October 27<sup>th</sup>.*

**Caregiver (virtual):** Bi-Weekly - Wednesday at 12pm

- *\*Please note the change to the 4<sup>th</sup> Wednesday of the month being in-person, starting October 27<sup>th</sup>.*