Why attend a stroke survivor or caregiver support group?

- To learn about stroke recovery
- To share tips on how to adjust to daily life, tasks and routines
- To make social and emotional connections
- To understand and share personal experiences
- To reduce isolation and the feeling of being alone
- To learn about community resources
- Led by a trained facilitator
- Open to new members, both stroke survivors and caregivers

Learn the signs of stroke

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act FAST because the quicker you act, the more of the person you save.

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COMMUNITY CARE FOR SOUTH HASTINGS

BELLEVILLE on the Bay of Quinte

ALL ARE WELCOME HERE

Community Support Services — Providing Care and Independence for People in their Own Home

Ontario Health

United Way Hastings & Prince Edward

CCSH CommunityCare for South Hastings

Stroke Services

Offering Virtual and In-Person Programming

StrokeUnderstood

470 Dundas Street East, Unit # 63
Belleville, Ontario
K8N 1G1

Contact Lorraine Pyle
Facilitator-Stroke Services HPE:

Phone: 613-969-0130 xt. 36507
Fax: 613-969-1719
Email: lorrainep@ccsh.ca
Website: https://ccsh.ca

Belleville: 613-969-0130
Deseronto: 613-396-6591
Toll Free: 1-844-654-3283

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Stroke Support Groups for Hastings and Prince Edward Counties

Aphasia Conversation Group

Spring and Fall Sessions

- Offered in partnership with Quinte & District Rehabilitation
- Lead by a Speech Language Pathologist
- Meet other adults living with Aphasia
- Practice your communication skills in a fun, stimulating environment
- Sessions are 1.5 hours for 8 weeks

Regional Stroke Education Program

Spring and Fall Sessions

Topics Include:

- Understanding Stroke
- Preventing A Stroke
- Physical Changes & Communication
- Healthy Lifestyle Choices & Nutrition
- Changes in Emotions, Energy, Cognition and Perception
- Finding your New Normal and Moving Forward
- Sessions are 1.5 hours for 6 weeks

Other Programming Offered Periodically

- Special Educational Events
- Special Social Events

First Step Group

Set as required

A small introductory group intended for those who may not yet feel comfortable in attending a larger group.

Peers to Peers Stroke Talk

A venue for stroke survivors to meet and develop positive, supportive relationships with others.

- Stroke survivors sharing recovery, successes, and challenges.
- Receive expert stroke related information from relevant topics and community resources.

Caregiver/Survivor Groups

Caregivers and survivors meet at the same time and location but in separate rooms. Each facilitated group has an opportunity to share their individual thoughts and feelings.

- Make social, therapeutic, and emotional connections with other caregivers.
- Caregivers learn the importance of self-care, while survivors can build supportive relationships with other survivors.

Back on Track Group Younger Survivors

A group for younger survivors and their caregivers. Facilitated discussions on family dynamics following a stroke, including:

- Changing family roles & responsibilities
- Financial advice
- Returning to work and workplace accommodations
- Child-rearing
- Maintaining healthy relationships and lifestyles

Social Recreational Group “Life Goes On”

After a stroke, life can get better!
Knowing you are not alone helps

Are you interested in joining a positive and supportive group of people who are choosing to live a fulfilling life after stroke? Connect with others through educational groups, community outings, opportunities to learn from one another, and chances to be part of a team raising awareness about life after stroke. There’s so much more to discover, with new opportunities offered from time to time.