

Renfrew County – Pembroke Stroke Survivors Peer Support Group

EVERY 3rd TUESDAY OF THE MONTH AT 10:30AM

A SUPPORT GROUP FOR STROKE SURVIVORS,
FAMILIES AND CAREGIVERS ADJUSTING TO NEW CHALLENGES

MEET LEARN SHARE

Survivors often benefit from meeting with other stroke survivors, families and caregivers within the stroke community. The group offers an opportunity to support the members' ability to resume daily work, leisure and social activities.

Meet us in *MacKenzie Hall*, first room on the right at *Carefor*. Entrance at the back of the building.

2023 Activities Schedule

Themed group meetings with Peer Exchange

- **May 16** - Staying Active: Pacing yourself
- **June 20** - Nutrition with a Dietitian
- **July 18** - Footcare
- **August 15** - Types of Strokes
- **September 19** - Sleep management & Fatigue
- **October 17** - Peer Exchange
- **November 21** - Speech & Thinking
- **December 19** - Coping Strategies

Hosted at **Carefor Health & Community Services**
MacKay Centre
700 MacKay Street Pembroke, ON

For more information **Please Call:**
613-732-3949 ext. 1118

Visit: <https://www.caredove.com/champlaincss>

Pembroke Regional Hospital District Stroke Centre
613-732-3675 ext. 6530

