

Peer Support Group for Stroke Survivors

Peer support over the phone is being offered during COVID-19.

Join others from our community to

- ✓ learn new information from experts and each other
- ✓ talk about your experience with stroke
- ✓ hear from others with similar experiences
- ✓ discover and share community resources

Anyone who has had a stroke or with a loved one who has had a stroke is welcome to participate.

When? Third Tuesday of each month

What time? 10:30AM for 45 minutes

Where? By phone (registration is required)

Date	Topic
September 15	Mental wellness after stroke
October 20	Managing changes
November 17	Decided by you



For more information and to register
 call Michelle at 613-798-5555 extension 18575