



Stroke survivors often face challenges maintaining their previous levels of social function

Participation in support groups can help improve social engagement.

Benefits of a Stroke Support Group:

- Improved sense of physical, emotional, mental, spiritual well-being
- Reduced feelings of isolation.
- Improved coping skills
- Learn new information
- Receive support from others going through similar experiences
- Video conferencing helps increase access to support groups



Registration

Registration is required to attend this FREE group session.

After you register, you will receive an email with the ZOOM link to the meeting. A reminder email will be provided 24 hours before the session



To Register:

<https://redcap.link/strokesupport2026>



For more information:

Ph. 780-513-7591

North Zone

North Zone

Living with Stroke



Virtual Support Group

Mission and Beliefs

Mission:

To provide a safe, caring, and positive space for stroke survivors and their families in their journey following the impacts of a stroke on their way of life.



Beliefs:

This group welcomes stroke survivors and their families who are looking for support for themselves and/or to learn how to support others.

The goal is to help stroke survivors and their families in living well after stroke.

The group values respect, compassion, and confidentiality.

Support Group Sessions

When: 2nd Thursday of every month - starting at 3:00 pm

Session Length: 1.5 hours

Pre-Registration: Required to receive a Zoom access link via email.

Location: From the comfort of your own home.

Format: Virtual, informal, and interactive.

Participants will have the opportunity to share their story if they wish, or just listen to others. A facilitator will be present to guide discussions as needed.

Time will be allotted for an educational moment to discuss tips for living well with stroke and how to reduce the risk of another stroke.



Education topics:

- Preventing another stroke
- Mood changes
- Fatigue
- Communication
- Managing blood pressure
- Medications
- Eating well
- Physical activity
- Stress management
- Goal setting
- Brain exercises
- Sexuality changes
- Building confidence

Group members may suggest other topics that are most important to them so that sessions can be tailored to the needs of those attending.