



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/strokesupport>



**Ph. 780-402-8166**

**North Zone  
Chronic Disease Management**

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Chronic Disease Management**

# Living with Stroke



## Living with Stroke Virtual Support Group



## Mission and Beliefs

### Mission:

To provide a safe, caring, and positive space for stroke survivors and their families to talk about their journey and lives after a stroke.



### Beliefs:

The group welcomes stroke survivors and their families looking for support for themselves or learning 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:** 2<sup>nd</sup> 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 guide discussions as needed.

Each session will include time to discuss tips for living well after a stroke, reducing 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 can suggest topics important to them. Sessions can be tailored to participants.**