



STROKE SUPPORT GROUP

**Stroke happens unexpectedly
and shatters the routine of daily life.
We know, and we care.**

PLEASE JOIN US at the Stroke Support Group, designed for survivors, their families and caregivers, as we learn the skills of recovery. We will share resources, support, encouragement, vital information, and hope. You do not have to confront this alone.

- It is devastating to be unable to move, talk, or to suffer other effects.
- Feelings of loss and uncertainty can traumatize survivors and families.
- Survivors, families and caregivers feel overwhelmed by the many challenges of stroke.
- Loved ones assume new roles to help the survivor family.

Participants will learn that recovery continues long after your return to home. The Stroke Recovery Groups at CMH empowers survivors and families to cope, discover new capabilities, and see that life still holds meaning, purpose, and enjoyment.

Meetings will be held at the CMHS Training Center, 2809B S. Main Street, Ventura, on the second Wednesday of the month from 2:00 p.m. to 3:00 p.m.

Please call 805/667-2818 for more information or email strokeaware@cmhshealth.org

CMH Community Memorial Hospital

 Community Memorial Health System

 **STROKEaware**[™]



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