



 Community Memorial Health System

# 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.

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 held second Wednesday of the month.

2:00 p.m. to 3:15 p.m.

CMHS HealthAware Office Lobby

El Camino Building

2580 E. Main St., Suite 103, Ventura

for more information please call 805/667-2818

or email [healthaware@cmhshealth.org](mailto:healthaware@cmhshealth.org).

**HEALTH**aware™

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