

INTRODUCTION: EASTERN HEALTH STROKE SUPPORT GROUP

Helping you adjust to your “new normal”



When an individual has a stroke, the aftermath has a dramatic impact on the survivor, their family and their friends. The physical, emotional and interpersonal effects of a stroke can leave survivors and their family feeling frustrated, confused and alone.

Stroke survivors and their family need help adjusting to the change in their lives. Stroke groups are proven to be of great value in the recovery process, not only to the person who has had the stroke but to the immediate family as well. A stroke group can help combat problems of isolation, depression and regression. It can provide fellowship and understanding, and open the door to self-confidence and independence. Coming together in an atmosphere of caring and cooperation can help survivors and their families forge a new sense of community.

The Eastern Health Stroke Support Group consists of a number of individuals who, with their families, have survived the impact of stroke.

The group has been running since 1990 with a primary focus on providing support for its members. The group meets on a monthly basis, usually on the last Tuesday of each month. The agendas for the meetings vary and may include expert speakers in areas relevant to stroke and discussions led by members and/or facilitators.

Some of our members have experienced a stroke themselves and are in different stages of recovery. Other members are close to someone who has had a stroke. Members contribute and participate to the degree that they feel most comfortable. The Stroke Support Group sees themselves as an organization with the purpose of bringing together people in similar situations and experiencing similar problems as themselves. Above all, it is important that when stroke survivors talk about stroke there is someone there to say “Yes, I know”, and really mean it.

For more information about the Stroke Support Group in St. John’s, including its regular monthly schedule, please contact Eastern Health’s Rehabilitation Day Services of the Rehabilitation Program at 709-777-6560.