

REBUILDING YOUR LIFE AFTER STROKE

A Monthly Support Group for Stroke Survivors & Caregivers



Our group will help empower stroke survivors and caregivers to help rebuild their lives after stroke.

To Register, please call the Social Work Dept at (415) 444-4538

Free and open to Kaiser Permanente members and YMCA Members

Marin YMCA
1500 Los Gatos Drive, San Rafael

First Session: Feb. 23, 2012 at 10:30 am - 12:00 pm

LAST THURSDAYS OF THE MONTH, Ongoing

Dates: February 23, March 29, April 26, May 31, June 28, July 26

Group sessions will cover:

- Warning signs, symptoms and prevention strategies
- Managing depression and stress
- Future planning after a stroke
- Handling emotions & impulses
- Peer support
- Accessing community resources
- Communication & speech issues
- And much more

