



## RiverBend Stroke Support Group

**Life after stroke can be challenging. Talking to others who have been through a stroke may help. We offer a support group through PeaceHealth Sacred Heart Medical Center at RiverBend.**

### **Two Options to serve you:**

**First Wednesday** of every month. This meeting offers various speakers and connecting with other stroke survivors and caregivers.

2 p.m. - 3:30 p.m.

**Starting in May 2023 meetings will be in-person.**

Please contact Victoria for more information, 541-222-8461.

**Third Wednesday** of every month. A social support meeting with sharing of stories by stroke survivors and caregivers.

10:30 a.m. - 12 p.m.

**Currently meeting via Zoom.**

### **What is the purpose of the group?**

To provide a supportive environment for stroke survivors and caregivers to work toward the most healthy, fulfilling, and successful adjustments to their new lives.



### **Who can join?**

Membership is open to anyone who has an interest in stroke recovery.

### **Do I have to participate?**

There is no pressure to share, and you may leave at any time if you are feeling, tired or uncomfortable.

### **Do I need to RSVP?**

No. But, the meetings are currently virtual, and we need your email address to send you the link to our virtual meetings. There is an audio only option as well, you don't need a computer to join the meeting. You can call in with your phone.

### **Is there a cost?**

Nope, this support group is free.

### **Questions?**

Please contact Victoria Moran at 541-222-8461  
or email [StrokeCenter@peacehealth.org](mailto:StrokeCenter@peacehealth.org)

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