



# RiverBend Stroke Support Group

Life after stroke can be challenging.

Talking to others who have been through a stroke may help.

## 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.

**This meeting is 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.

## 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. The meetings are currently virtual and in person. We need your email address to send you the link to our virtual meetings and location of the in-person meetings. There is an audio only option as well, you don't need a computer to join the virtual meetings. You can call in with your phone.

## Is there a cost?

Nope, this support group is free.

## Questions?

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

