

STROKE SUPPORT GROUP

Join us for a free support group offered to stroke patients throughout the Greater Nashua community!

The purpose of this group is to provide a welcoming space for individuals to connect, share experiences, and receive encouragement.

Through guest speakers and group discussions, participants can gain a deeper understanding of the challenges they face and learn effective coping mechanisms.

- ✓ Wednesday, September 4th, from 6pm to 7pm
- ✓ Wednesday, October 2nd, from 6pm to 7pm
- ✓ Wednesday, November 6th, from 6pm to 7pm
- ✓ Wednesday, December 4th, from 6pm to 7pm

Led by St. Joseph Hospital Physical Therapists, Occupational Therapists, and Speech Language Pathologists, all specializing in neurological therapy, this group offers valuable insights and strategies for managing life after a stroke.

Held at St. Joseph Hospital Inpatient Rehabilitation Unit Community Room, no pre-registration is required for this group.

If you have any additional questions about this group, please contact:

Gabrielle Morris, OTR/L, at gmorris@covh.org



**ST. JOSEPH
HOSPITAL**

A Member of Covenant Health

