

Are you a caregiver of a stroke survivor?



Free
Respite
Offered!

You are invited to participate:

- In a four-part education and support program and a research study

Who can participate?

- Informal caregivers (spouses, children, family members) of stroke survivors
- Have been in the caregiving role at home for a minimum of 2 months after the stroke
- Live in Central South Ontario

Your Role:

- Attend 4 weekly education and support sessions with other caregivers
- Participate in an evaluation meeting 2 weeks after the program
- Participate in a telephone interview 6 months after the program

The **Stroke Caregiver Self Management Program** will be held on:

Wednesdays from 1pm - 3pm

- Sept 14
- Sept 21
- Sept 28
- October 5
- October 19 (Evaluation Meeting)

Location: Brantford

Adult Recreation Therapy
Centre
408 Henry Street
Brantford, ON N3S 7W1

Please register by contacting:

Gemma Woticky
March of Dimes Canada
1-800-263-3463 x. 7207
gwoticky@marchofdimes.ca

Partners