

# Stroke Support

*Have you or has someone you care about had a stroke?*  
Support is available at **The Seniors Centre**.

## SUPPORT GROUPS

- meet monthly
- for individuals or couples
- stroke survivors & care partners

## LEARNING SERIES

- *Living with Stroke*

*“New friends encourage me to be all I can be, now  
and in the future.”* – a group member

For more information:  
613.548.7810  
[stroke@seniorskingston.ca](mailto:stroke@seniorskingston.ca)

**SENIORS**  
ASSOCIATION  
**The Seniors Centre**  
56 Francis Street  
Kingston, ON  
613.548.7810  
[www.seniorskingston.ca](http://www.seniorskingston.ca)  
KINGSTON REGION

THE ONTARIO  
TRILLIUM  
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