This workshop is offered at the following times:

2016 schedule from 3-5:30 pm

- July 13th
- August 10th
- November 2nd

Location

GF Strong Rehab Centre
4255 Laurel Street
Vancouver, BC V5Z 2G9

Social Services Seminar Room
(Room 189)

How to find us

Understanding Stroke
A Workshop for Families & Friends

G.F. Strong Rehab Centre
Acquired Brain Injury Program
4255 Laurel Street
Vancouver, BC V5Z 2G9

For more information please contact:
Educator
Tel: 604-737-6221

For more copies, go online at http://vch.eduhealth.ca or email phem@vch.ca and quote Catalogue No. FM.337.UN2
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www.vch.ca

Promoting wellness. Ensuring care.
Is this for you?

Everyone is welcome.
This workshop is for survivors, families and friends who want to learn more about life after a stroke.

Is there a cost?
No, this workshop is free to attend.

Do I have to register?
Registration is needed, we would like to know how many of your family members and friends will be joining us. Please let us know by calling 604-737-6221.

Workshop description...
This is a chance for survivors, families and friends to learn about how the brain works, stroke and recovery. We also talk about life after a stroke, including strategies to help and available resources.

Workshop format...
• This 2.5 hour education session is facilitated by a doctor and/or educator from the Acquired Brain Injury Program at the GF Strong Rehab Centre
• It is open, informal and a chance to learn from others whose lives are changed by a stroke
• Your concerns, questions and experiences guide the session

What will I learn?
You will learn about:
• the brain and how it works
• the many changes that happen after a stroke
• practical rehabilitation strategies to help
• life after stroke and resources to help you through your journey

More questions?
For more information please call the GF Strong Educator at 604-737-6221.