

Every stroke is different!

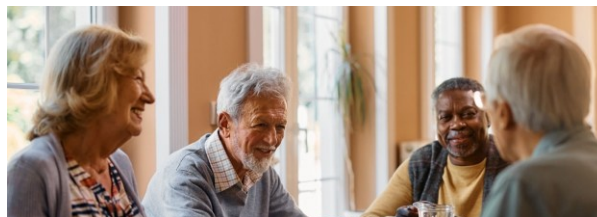
Every individual who survives a stroke experiences something unique to them. One person may have right side impairment and some aphasia while the next person has difficulty swallowing. A person experiencing a stroke may be left with any one or more of these issues:

- Loss of control of one side of face or body
- Loss of arm or leg function on one side
- Long-term aphasia or difficulty with speech
- Swallowing issues
- Problems with vision
- Memory issues
- Pain or loss of sensation
- Lack of awareness of one side of space / body
- Depression and/or anxiety

Despite these differences, what every stroke survivor has in common is the desire to resume a meaningful life and recover their sense of identity. Stroke is a life-changing experience. The need for support does not end when a person is discharged from the hospital or from therapy. A Stroke Support Group provides a place to share experiences, express concerns, listen to others, and educate oneself about stroke.

Benefits of a Support Group for People with Stroke and their Care Partners

- Share experiences with others who understand
- Provide mutual social and emotional support
- Discover commonalities and differences among stroke survivors
- Learn about:
 - Various aspects of stroke
 - Treatment methods
 - Clinical advances
 - The brain
 - Avoiding another stroke
- Participate in therapeutic activities
- Understand how important it is to deal with a stroke quickly
- Find helpful resources
- Have some fun!



"Friends and family can empathize as much as they are able, but no one gets it like another stroke survivor."

We are the Stroke Support Groups of Western Massachusetts

Our goal is to spread the word about support resources available throughout Western Massachusetts. If you or someone you love or care for has had a stroke, please share this information with them.



Quick Facts and Figures

Each year, roughly 15,000 people in Massachusetts have a stroke. As the #4 cause of death and a leading cause of disability in Massachusetts, our communities include many survivors who could benefit from participating in a peer support group, even long after their stroke occurred.

Contact us at
wmastroke@gmail.com



WESTERN MASSACHUSETTS SUPPORT GROUPS FOR PEOPLE WITH STROKE AND THEIR CARE PARTNERS



Group Name	Format/Location	Meeting Times	Persons Served	Agenda Includes	Contact
Berkshire Medical Center Stroke Support Group	In-person: Berkshire Medical Center MAC Building, 725 North St, Pittsfield, MA	Monthly on 1 st Tuesdays 3-5:30 pm	Stroke survivors, care partners	Educational topics, emotional support, peer support, specializes in aphasia	David Wasieleski walu2@verizon.net (413) 358-2276
Brain Injury Association of Massachusetts (BIAMA)	In-person and online options throughout MA, including western Mass	Monthly See website	People with acquired brain injury, including stroke	Peer support, educational topics, share resources	biama.org/forcaregiver sandsurvivors/
cOnnecTed Minds Stroke Survivor and Caregiver Support Group	In-person and online (hybrid): WNEU OT Dept, Blake Law School, 1215 Wilbraham Rd, Springfield MA	Monthly Changes by semester - contact Bear Paw Center	Stroke survivors, care partners	Peer support, educational topics, therapy activities, share resources	Bear Paw Center bear.paw.center@wne.edu (413) 796-2174
Pioneer Valley Stroke and Aphasia Support Group	In-person: Holyoke Senior Center, 291 Pine St, Holyoke MA	Weekly on Thursdays 10 am-12 pm	Stroke survivors, people with aphasia, care partners	Educational topics, therapy activities, sharing experiences, emotional support	Wayne Wyckoff wrwyckoff@yahoo.com (413) 801-9020
Stroke and Brain Injury Monthly Support Group	In-person: Encompass Health & Rehab. Hospital of Western Mass, 222 State St, Ludlow MA	Monthly on 1 st Thursdays 2-3 pm	Stroke survivors, brain injury survivors	Educational topics, peer support	Deb White-Cabral deb.white@encompasshealth.com (413) 308-3363
Stroke of Inspiration Support Group	Online via Zoom from Springfield College OT Department	Weekly on Thursdays 3-4 pm	Stroke survivors	Educational topics, open discussion, focused discussion	Kathy Post kpost@springfield.edu (413) 222-3023
UMass Amherst Stroke Support Group	In-person: Dept. of Speech, Language & Hearing Sciences, 358 N Pleasant St, Amherst MA	Monthly on 3 rd Saturdays 11 am-12 pm	Stroke survivors and their significant others	Open discussion, specializes in aphasia	Jacquie Kurland jacquie@umass.edu (413) 545-4007
	Online via Zoom	Monthly on 1 st Saturdays 11 am-12 pm			