

## Survivors of Stroke Support Group

Meet others affected by stroke to share stories and ideas, provide and receive support and learn more about stroke-related concerns. All stroke survivors and caregivers welcome.

Topics and group conversation is a mix of:

- Sharing of challenges, recovery progress, helpful tips, encouragement
- Coping skills, emotional support, social interactions, spirituality
- Stroke symptoms, medical concerns, medications
- Healthy living, exercise, diet
- Activities, speakers, and treats

**Date:** Meets monthly on the third Thursday of the month

**Time:** 3:00 pm – 4:30 pm

**Location:** Sanford South University Medical Center

1720 S. University Dr., Fargo, ND

(Hospital entrance on east side, parking lot is on 11<sup>th</sup> Street)

Conference Room 1A-1, near Guest Services desk

### 2024 Dates:

Jan. 18    Feb. 15\*    Mar. 21    Apr. 18    May 16\*    June 20

Jul. 18    Aug. 15    Sep. 19    Oct. 17    Nov. 21    Dec. 19

\*Feb & May, meetings will be from 5-7pm

### For more information:

- For up-to-date information and links
  - Go to [www.sanfordhealth.org](http://www.sanfordhealth.org) and search “stroke survivor”
- Contact Sue Johnson, Stroke Program Educator
  - E-mail: [StrokeFargo@sanfordhealth.org](mailto:StrokeFargo@sanfordhealth.org) (preferred)
  - Phone: 701-417-3139

# Resources for Stroke Survivors and Caregivers

## Sanford Newsletter – “Survivors of Stroke Newsletter”

- Quarterly newsletter
- Information on local activities, monthly support group meetings
- Stroke related topics, activities, recipes
- To receive newsletter, email your name and address to [StrokeFargo@sanfordhealth.org](mailto:StrokeFargo@sanfordhealth.org)
  - Hospital or clinic staff can also send email for you

## American Stroke Association

[www.stroke.org](http://www.stroke.org)

- About Stroke
- Life After Stroke
- Help and Support
- Healthy Living
- I'm looking for information about:
  - Stroke Warning Signs
  - Stroke Prevention
  - Stroke Recovery
- Minnesota Stroke Association

[www.strokemn.org](http://www.strokemn.org)

## Brain Injury Association of America

[www.biausa.org](http://www.biausa.org)

- Brain Injury
  - Brain Injury Basics
- I Have a Brain Injury
- I Am a Caregiver
- North Dakota Brain Injury Network [www.ndbin.org](http://www.ndbin.org)
  - Stroke
  - Events & Training
    - ✓ Monthly Virtual Support Group
- Minnesota Brain Injury Alliance [www.braininjurymn.org](http://www.braininjurymn.org)
  - Resource Facilitation