

This workshop is offered at the following times:

Spring 2018 schedule  
from 3–5:30 pm

January 24<sup>th</sup>

March 21<sup>st</sup>

May 16<sup>th</sup>

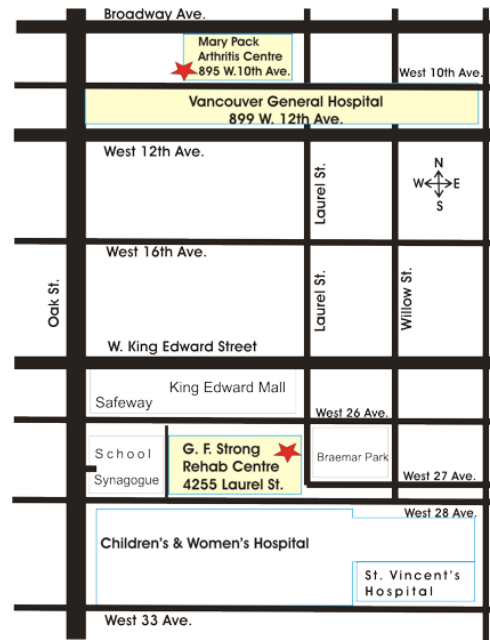
(Fall schedule to come)

### 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](mailto:phem@vch.ca) and quote Catalogue No. **FM.337.UN2**  
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## 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.

