Fairfield County

**Stroke Support Group**
*Bridgeport Hospital (Yale New Haven Health)*
*Ahlbin Centers of Rehabilitation Medicine*
*Scinto Corporate Tower 184*
*4 Corporate Drive*
*Shelton, CT 06484*
Renee B. Dagostine: 203-925-4201 ext. 2

Group meets on the first Tuesday of every month from 6 to 7 pm in suite 184, with a holiday party in December. There are occasional guest speakers, summer picnics, and demonstrations. The group is open to patients, families, and caregivers.

**Stroke, Heart, and Vascular Support Group**
*Greenwich Hospital (Yale New Haven Health)*
*5 Perryridge Road*
*Greenwich, CT 06830*
Register with Sabrina Chateauveit (203)863-3699 or by calling (203)863-3635

Group meets on the second Wednesday of every month from 11am to 12pm in the Noble Conference Center. A healthcare professional facilitates meetings. The meetings are open to patients, families and caregivers, and offer peer support and occasional guest speakers.

**Survivors for Survivors**
*Ann’s Place*
*80 Saw Mill Road*
*Danbury, CT 06810*
Tom Douglas: (855)SS4-STROke
www.sur4sur.org

Group meets the first Friday of each month from 10 am to noon in person or via zoom.

**Caregivers Support Group**
*Goldstone Caregiver Center at Danbury Hospital*
*24 Hospital Ave.*
*Danbury, CT 06810*
Contact Jennifer Salkin at Jennifer.Salkin@nuvancehealth.org or (203) 739-7027 for more details and zoom information

Two Thursdays/month from 10:00-11:30am and the other takes place two Wednesdays/month from 5:30-7:00pm
**Stroke Support Group – Stamford Hospital**  
*The Tully Center*  
*Conference Room C*  
32 Strawberry Hill Ct  
Stamford, CT 06902  
Genelle Garcia: (203)276-7210  
This group meets the last Tuesday of the month from 3:30 to 5pm.

**Stroke Survivors and Caregivers Support Group**  
*St. Vincent’s Medical Center*  
*Hawley Conference Room*  
2800 Main St.  
Bridgeport, CT 06606  
Jennifer Nascimento: (475)210-5257  
Group meets at the hospital the third Wednesday of the month from 2 to 3:30 or via Zoom using the QR code below.

![QR Code](image)

**Hartford County**

**Central CT Stroke Club**  
*Bristol Senior Center*  
240 Stafford Ave.  
Bristol, CT 06010  
Merna Whitcomb  
Senior Center: 860-584-7895  
Group meets every Friday from 1 to 3 pm in Room 109. This group offers informal motivational support.

**Central Region Stroke Support Group**  
*Co-Sponsored by Hartford Healthcare*  
*The Hospital for Special Care*  
2150 Corbin Ave.  
New Britain, CT 06053  
Christina Collin: christina.collin@hhchealth.org or 203-228-0927  
This group meets in a hybrid format so participants can join in-person or virtually. They meet on the second Wednesday of each month from 3 to 4pm. The group provides education, support, and monthly guest speakers for stroke survivors, caregivers, and their families. Light refreshments are provided.
Stroke Survivor Group
*UConn Outpatient Pavilion Neurology Clinic (3rd floor)*
263 Farmington Ave.
*Farmington, CT 06030*
Brooke Medel, [medel@uchc.edu](mailto:medel@uchc.edu) : 860-558-5840
Groups meets the fourth Wednesday of the month. Guest speakers from different areas of the hospital visit and meet with our stroke survivors. Open to all survivors and their families. This group meets in a hybrid format so participants can join in-person or virtually.

**UConn Aphasia Groups**
*Outpatient Pavilion 3 East Large Conference Room*
135 Dowling Way
*Farmington, CT 06030*
Karen Collins: (860) 679-3233. Group meets on Fridays from 1pm-2:30pm. Group does not meet during the summer (June, July, August) and resumes in September.

**Wethersfield Stroke Club**
Joan Haines: 860-529-2281
Please contact Joan for details regarding future meetings via email [petvet1@cox.net](mailto:petvet1@cox.net).

**Young Stroke Survivor Support Group**
*Hartford HealthCare*
Jen Blum, APRN: [Jennifer.Blum@hhchealth.org](mailto:Jennifer.Blum@hhchealth.org)
Monthly virtual support group for stroke survivors in their 20’s, 30’s, and 40’s. Contact Jen for details and schedule.

**Litchfield County**

**Community Stroke Group**
*Sharon Hospital*
50 Hospital Road
*Sharon, CT 06069*
Katja Schultz: 860-364-4065
Group meets every Friday at noon. Once a month the meetings are virtual while the other weeks are in-person. Please call for more details.
Middlesex County

Caregivers Support Group for Dementia/Alzheimer’s
Home Care Plus and Community Healthcare and Hospice
Molly Spandley: 203-584-0051 or email molly.standley@ynnh.org
The group meets virtually every Wednesday at 2pm. Please contact Molly if you are interested in joining.

Caregivers Support Group for Dementia/Alzheimer’s
Madison Senior Center
29 Bradley Rd.
Madison, CT 06443
Molly Spandley: 203-584-0051 or email molly.standley@ynnh.org
The group meets on the 2nd Tuesdays of the month from 11am-12noon. Please contact Molly if you are interested in joining.

New Haven County

Yale New Haven Hospital (YNHH) Stroke Support Group
The YNHH Stroke Support group meets virtually on the third Wednesday of the month from 3:30-4:30pm. Stroke survivors and caregivers are welcome for a supportive and informative group. Please contact mary.marra@ynhh.org to be added to the email list or with any questions about the group.

Neurologic Conditions Support Group
Griffin Hospital
350 Seymour Ave.
Derby, CT 06418
Stephanie Fisher, DPT: S Fisher@Griffinhealth.org or 203-732-7445
Group meets the 4th Friday of the month from 10 - 1 am at the Cancer Center across the street from Griffin Hospital. This group provides education and support for community members who are affected by any type of neurologic condition, including Stroke, Parkinson's, Multiple Sclerosis, Spinal Cord Injury or similar. This group includes the individual, family members, and caregivers.
Stroke Survivors
Gaylord Hospital
50 Gaylord Farm Road
Wallingford, CT 06492
Group meets the first Thursday of the month from 3:30 to 4:30 pm
Please join us either in-person or via Zoom! If you would like to join in-person, please enter through the Jackson building at our Wallingford campus. The group meets in the Hooker 1 Solarium. For more information on the Stroke Support Group, please call (203) 284-2875 Please email strokesupport@gaylord.org If you would like to be added to our distribution list or receive the zoom link.
To Join Zoom Meeting:
https://gaylord.zoom.us/j/3935159293?pwd=L1Npa3d3dTlvbmg4c05YclVNaW5rZz09
Meeting ID: 393 515 9293
Passcode: 880469

New London County

Survivors of Stroke Support Group
Groton Public Library
52 Newton Road
Groton, CT 06340
Lisa Bedard APRN, stroke coordinator:
401-339-1531 or 860-441-6750 (Library). Group meets third Thursday of every month at the Groton Public Library from noon to 3 pm. A speaker is usually invited.

Survivors of Stroke
Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
For more information or to register contact:
Maureen Hahn: (860)207-0040 or (860)823-6324, Maureen.Hahn@hhchealth.org
Group meets the first Wednesday of every month from 1:00-3:00pm
Tolland County

UConn Aphasia Groups
*UConn Speech and Hearing Clinic*
6 Alethia Drive
Storrs, CT 06269
Louisa Suting: (201)932-4029 email: louisa.suting@uconn.edu
https://aphasia-rehab.slhs.uconn.edu/uconn-aphasia-group/
Please check the website as the day and time change each semester. This group requires registration and patients should call ahead. These are online meetings; new patients welcome.

Statewide Support

*StrokeOT, Inc.* is a nonprofit organization of volunteer healthcare professionals dedicated to providing long-term support for Connecticut stroke and brain injury survivors. We offer weekly virtual and in-person groups that focus on health, exercise, and lifestyle education to advance stroke recovery. By creating a community of support, we are improving the lives of those experiencing health care, financial, and transportation disparities. Visit [StrokeOT.org](https://strokeot.org) to register for free programming.

**Contact: Carolyn Brown, OTD, OTR/L, CSRS**

**Email:** [StrokeOT.org@gmail.com](mailto:StrokeOT.org@gmail.com)

**Phone:** (860)348-3188