

CONNECTICUT

Stroke Support Groups

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.



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 : 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.

Young Stroke Survivor Support Group

Hartford HealthCare

Jen Blum, APRN: 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@ynhh.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@ynhh.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: SFisher@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=L1Npa3d3dTIvbmg4c05YclVNaW5rZz09>

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 to register for free programming.

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

Email: StrokeOT.org@gmail.com

Phone: (860)348-3188