



*“Stroke Vision” by Jeff Wolfenden, stroke survivor. Jeff says this photo reminds him of his vision directly after his stroke.*

## “In the words of survivors...”

“It has been a real benefit to me to get involved with other survivors. I really benefit from the sharing.”  
– Paul, 12 years post-stroke

“When I first had my stroke I went to my family doctor 3-4 times a week thinking I would be having another stroke. I was always scared but speaking with other stroke survivors helped me overcome my fear.” – Kelly, 4 years post-stroke

“Peer support is just as important for caregivers as it is for survivors. It is important for caregivers to know they are not alone in what they do.”  
–John, 5 years post-stroke

“Just hearing the stories of recovery helped me understand people can recover...when I had thought you could not.” – Irene, 5 years post-stroke”

# Linking Survivors with Survivors is a program of March of Dimes’ Stroke Recovery Program

## PARTNER ORGANIZATIONS INCLUDE:

- Grand River Hospital
- All Stroke Recovery Chapters in Waterloo/Wellington
- Waterloo Wellington District Stroke Program
- Central South Regional Stroke Network

Funding for this initiative received from WWLHIN Aging at Home Strategy.

For further information please contact us toll free

**1-866-380-0758 ext. 263**

or by e-mail at

[linkingsurvivors@marchofdimes.ca](mailto:linkingsurvivors@marchofdimes.ca)



Celebrating 60 Years: 1951 - 2011



## Stroke Recovery Canada®

# Linking Survivors with Survivors

A peer support program providing hope and encouragement to stroke survivors and their families in the hospital and in the community



# You are not alone



## Waterloo/Wellington Stroke Recovery Chapters/Associations

**Stroke Recovery Canada Kitchener Waterloo Chapter 1-800-263-3463 ext. 7702**

**Stroke Recovery Canada North Wellington Chapter 1-800-263-3463 ext. 7729**

**Stroke Recovery Canada Guelph Wellington Chapter 519-822-5111**

**Stroke Recovery Association Cambridge and District 1-866-380-0758 ext. 263**

## Helping you Survive and Thrive

When a stroke suddenly occurs, affecting you or someone you love, you may have many questions and not know where to turn.

The Stroke Recovery Program can help you reclaim your life to be as active and independent as possible, living in your own community.

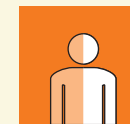
As a member of this Program, you will receive valuable information from our newsletters, website, peer support groups, toll free Warmline®, as well as a variety of events.

If you or a family member have had a stroke, support services are available through your local Stroke Recovery Chapter/Association:

- hospital visits to stroke survivors by a trained peer visitor
- community mentoring by trained peer mentors for stroke survivors and family members
- meet other stroke survivors
- attend monthly survivor and family gatherings and activities
- participate in stroke-friendly information programs and special events for family and supporters
- receive newsletters and stroke recovery information
- receive (or provide) encouragement, inspiration and hope

For more information, please contact your local group or Stroke Recovery Canada® at **1-888-540-6666**.

## STROKE WARNING SIGNS\*



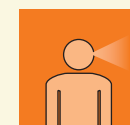
### WEAKNESS

**Sudden** loss of strength or sudden numbness in the face, arm or leg, even if temporary



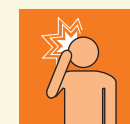
### TROUBLE SPEAKING

**Sudden** difficulty speaking or understanding or sudden confusion, even if temporary



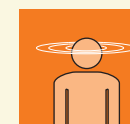
### VISION PROBLEMS

**Sudden** trouble with vision, even if temporary



### HEADACHES

**Sudden** severe and unusual headache



### DIZZINESS

**Sudden** loss of balance, especially with any of the above

If you experience any of these symptoms, **call 9-1-1** or your local emergency number immediately

\*Information provided by the Heart and Stroke Foundation