

---

## St. Joseph's Care Group

### MISSION

St. Joseph's Care Group is a Catholic organization committed to provide compassionate and holistic care and services to the people of Northwestern Ontario

### VISION

St. Joseph's Care Group will identify and respond to the unmet needs of our region as a way of continuing the healing mission of Jesus in the tradition of the Sisters of St. Joseph of Sault Ste. Marie

### CORE VALUES

Commitment  
Compassionate and Holistic Care  
Dignity and Respect  
Excellence  
Faith-Based Care  
Inclusiveness  
Truthfulness and Trust

---

### Corporate Office

St. Joseph's Hospital  
35 Algoma St. N.  
Thunder Bay, ON P7B 5G7  
(807) 343-2431

[www.sjcg.net](http://www.sjcg.net)

Programs and services are offered at the following locations:

Balmoral Centre • Behavioral Sciences Centre • Diabetes Health Thunder Bay  
Hogarth Riverview Manor • Lakehead Psychiatric Hospital • Sister Margaret Smith Centre  
St. Joseph's Health Centre • St. Joseph's Heritage • St. Joseph's Hospital

---

## St. Joseph's Hospital

35 Algoma St. N.  
Thunder Bay, ON P7B 5G7

For information or to enroll, contact  
Denise: (807) 343- 2431, ext. 2562.

---

To make a donation to St. Joseph's Care Group, please  
contact St. Joseph's Foundation of Thunder Bay at 768-4411



ST. JOSEPH'S CARE GROUP

---

## **MOVING ON AFTER STROKE: A SELF MANAGEMENT PROGRAM**

---

*Learn the skills to live with stroke  
through discussion, education  
and exercise*

Moving On  
after STroke



- 
- Did you know that you can learn to manage the challenges of life after stroke?
  - Did you know that meeting and problem solving with others could be an effective way to learn new strategies and to overcome obstacles?
  - Did you know that ongoing exercise contributes to your overall well-being?
- 

Participating Regional Hospitals  
via telemedicine:

**Lake of the Woods District Hospital,**  
Kenora

**Riverside Healthcare Facilities,**  
Fort Frances

**Dryden Regional Health Centre,**

**Geraldton District Hospital,**

**The McCausland Hospital,**  
Terrace Bay

**Wilson Memorial General Hospital,**  
Marathon

**Sandy Lake First Nation Health Authority**

**Manitouwadge General Hospital**

**Sioux Lookout Meno-Ya Win Health  
Centre**

Care **Compassion**  
Commitment

# MOVING ON AFTER STROKE: A SELF MANAGEMENT PROGRAM

## ABOUT THE PROGRAM

Our program is for people who want to learn about strategies to manage the daily challenges of living with a stroke.

You will learn more about stroke through discussions with other stroke survivors, care partners, and a physiotherapist. You will have the opportunity to exercise in a group and practice important functional activities with professional supervision.

## WHO BENEFITS FROM *MOST*?

Adults who have completed their active stroke rehabilitation program, are ready to move on with their lives, are living in the community, and enjoy participating in a group.

Care partners (family and friends) who are actively involved and would like to attend.

## WHY THE PROGRAM WORKS.

Through this program, you will...

- Understand more about stroke and how it affects you.
- Learn how to safely and comfortably exercise.
- Learn to improve flexibility, muscle strength and endurance.
- Learn about and practice relaxation techniques.
- Learn to manage your daily activities.
- Explore recreational opportunities.
- Become aware of and connect with appropriate community resources.
- Discuss common concerns such as care giving, receiving help, working with your health care professionals, maintaining and developing relationships.
- Learn about potentially reducing the risk of another stroke.
- Set and achieve realistic goals that are important to you.
- Learn about specialized equipment.

## WHEN IS THE PROGRAM OFFERED?

The program is held over a nine- week period, two sessions per week. Enrollment is limited to twelve participants and their care partners.

## COST

There is no cost for the program. Cost for parking or transportation is the responsibility of the participants.

## HOW TO ENROLL

For more information phone Denise at (807) 343- 2431 ext. 2562.

Please leave a message and your call will be returned.