

Stroke Recovery
Association of
Manitoba Inc.



Support Programs & Activities

Winter 2010



Unit B – 247
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**The SAM Centre is open from
9:00 am to 4:00 pm weekdays.
Drop in anytime!**

*Offering direct service
programs to Stroke Survivors
and their Family Members
and/or Caregivers*

In addition to the following programs and activities, **SAM** also offers a Peer Visitation Program, Information Packages, Educational Materials, Volunteer Opportunities and Training (e.g. fundraising, special events and program volunteers), Speakers on Life After Stroke and Referral Services. All participants are encouraged to become members (\$25 per year for individuals, \$35 per year for families). SAM has actively worked with recovering stroke survivors and their families/caregivers since 1973. This brochure will be updated as new program or service offerings are added.

Adapted Exercises

This post-stroke exercise program is offered by licensed Physiotherapists from Home Therapy Services (HTS).

- Every **Tuesday & Friday** at the SAM Centre. Come both days or once per week. (Friday sessions cancelled in July & August)
- 11:00 - 11:30 am
- Bring a bag lunch and enjoy coffee and discussion after the session and stay until 1:00 pm or so.
- \$5.00 per half-hour session for SAM members.
- First Tuesday of every month is **PIZZA DAY**. \$5.00 per person.

SAM Auxiliary

The mandate of the Auxiliary is to assist SAM in achieving its objectives primarily through projects and activities (e.g. Knits for Charity, fundraising & special events).

- Every **Tuesday** 10:00 am - 2:00 pm at the SAM Centre.
- Please contact the Auxiliary at the SAM Centre for details.

Communication Group

This program is for stroke survivors who want help to improve their communication skills. In a supportive small group setting, participants practice reading, writing, speaking and listening. This program complements speech therapy, but doesn't replace it.

- Every **Wednesday** 1:30 - 2:30 pm at the SAM Centre.
- No charge for members.

Wednesday Office Volunteer Group

- A group of community volunteers meets 10:00 am - 1:00 pm to help complete tasks in the SAM Centre.

Thursday Games Day Group

- The Games Day group meets for games, fellowship and snacks from 11:00 am - 2:00 pm at the SAM Centre. Dues are collected for special snacks.

SAM Peer Support Groups in Winnipeg

Most of the groups meet monthly from September to June, led by volunteer facilitators. A few of the groups also meet in July and August. Please call the SAM Centre for details.

Strokes 'n Folks Peer Support Group

- 1st Wednesday of each Month, 1:00 - 3:00 pm at Immanuel United Church, 755 Golspie Street at Kimberly Avenue.

The Next Step Peer Support Group

- Currently not meeting. 1st Thursday of each Month, 6:30 - 7:30 pm at the SAM Centre, Unit B - 247 Provencher Blvd.

In Your Prime Peer Support Group

- Phone Anne Manitowich at 669-3264 for times. Unit B - 247 Provencher Blvd.

Transcona Peer Support Group

- Currently under development.

Vita MB Peer Support Group

- Currently under development

Brandon Support Group

- Currently under development

Young Adult Peer (YAP) Group

- To bring together young adult stroke survivors for discussion and support.
- 3rd Thursday of each Month, 1:30 - 3:30 pm at the SAM Centre, Unit B - 247 Provencher Blvd.

St. James Peer Support Group

- 4th Wednesday of each Month, 1:00 - 3:00 pm at St. James-Assiniboia Senior Centre Inc., 2109 Portage Avenue (3rd Floor).

St. Vital Peer Support Group

- Currently not meeting.

SAM Care for Caregivers(Family Support)

- Individual conversations with Caregiver Pauline V. - Pauline is available for phone chats and advice. Please call the SAM Centre for details.
- Email Caregiver Neil S. - Neil invites other caregivers to email him for caregiver support at:
dte-neil@mts.net

SAM Peer Support Groups outside of Winnipeg

The following groups meet from September to June. Please call or email for details.

- **Stonewall Chapter 15 Peer Support Group** - Currently not meeting.
- **Portage La Prairie Peer Support Group** - 3rd Monday of each Month. Call the SAM Centre (942-2880) for details.
- **Lac du Bonnet Peer Support Group** - Group currently not meeting. For support in the area, call Pat Porth at Two Rivers Seniors Resource Council Inc. at 204-345-1227.



We are a member agency of the United Way.
SAM Charity Registration #10809 9474 RR0001.