

Midwestern Adult Day Services, stroke survivors, their caregivers and friends invite you to our regular meeting.

*What members are saying...*

*"It's a good time and I look forward to the meetings." TF*

*"I'm with a group of friends that really understand and relate to my situation". BF*

*"The information we learn about stroke rehabilitation is helpful and realistic". DP*



**S.A.Y.S. meetings** are an informal group of stroke survivors, their caregivers, family and friends who come together the second Thursday of every month. We discuss topics of interest to all, socialize and help one another in a comfortable and confidential setting.

### **VOLUNTEER HELP NEEDED FOR STROKE PROGRAM**

If you enjoy working with people and are looking for a rewarding opportunity, we could use you too! For more information on becoming a valuable volunteer. Please contact:

Jeanette Masse at  
519-482-7943  
1-866-492-2205

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# MIDWESTERN ADULT DAY SERVICES

## STROKE AND YOU SURVIVING



## ABOUT S.A.Y.S.

Midwestern Adult Day Services (M.A.D.S.) provides an opportunity for stroke survivors and others to get together the second Thursday each month in Clinton.

It helps people learn about stroke, share their experiences and become inspired to move forward after their stroke. A stroke can be very isolating. By meeting regularly, members help one another face and overcome common challenges by sharing stories and encouraging one another. A stroke support group can be a place for stroke survivors and caregivers to make friends, socialize, give feedback, help others and find meaning in life.



## S.A.Y.S. CAN OFFER YOU THE CHANCE...

1. To meet others and develop new friendships
2. To support and encourage meaningful lives after stroke
3. To learn about stroke rehabilitation and encourage independence
4. To share concerns and support each other
5. To unite around common experiences and find positive solutions



A time to share, connect,  
smile and laugh.....

## S.A.Y.S. INFORMATION

### WHEN...

Second Thursday, monthly

### WHERE...

Clinton Adult Day Centre  
317 Huron Road, Clinton  
(at back of Betty Cardno building)

### TIME...

2:30 to 3:30 p.m.

### COST...FREE

Beverage and snack provided.  
For more information, please  
contact Jeanette Masse at  
519-482-7943 or 1-866-492-2205



S.A.Y.S. facilitated by Staff of  
Midwestern Adult Day Services