

Rocky Mountain Stroke Center 2023 Services and Support Groups

Virtual & Hybrid Rehabilitation Classes:

Hybrid classes are offered both in-person and via Zoom. Virtual classes are offered via Zoom only.

Aphasia Class - \$35 (Hybrid)

Tuesdays 10:30 - 11:30am

Entry-level class targeting word finding, understanding, and social connection to others with aphasia. Led by a licensed Speech-Language Pathologist.

Book Club - \$10 (Virtual)

Thursdays 1:00 - 2:00pm

Return to reading with adapted reading options (audiobook/large print) and supports (reading guides) in a social club that allows for fun discussion practicing communication and thinking skills.

Brain Fit Music Therapy - \$35 (Hybrid)

Mondays 10:00 - 11:00am

Led by a board-certified neuro-music therapist to enhance movement, verbal expression and processing.

Cognitive Class - \$25 (Virtual)

Wednesdays 10:30 - 11:30am

Entry-level class targeting thinking skills and compensatory strategies, including activities for memory, organization, planning, attention, and problem-solving. Developed by a licensed Speech-Language Pathologist.

Critical Thinking Class - \$35 (Hybrid)

Thursdays 1:00 - 2:00pm

Class targeting higher-level reasoning and problem solving, thought organization, real-life communication scenarios/group presentations, prospective planning and sequencing, social interactions and relationships, and skills to increase confidence in various communication environments. Led by a licensed Speech-Language Pathologist.

Just Guys - \$25 (Hybrid)

Mondays 11:00 - 12:30pm, Thursdays 2:00-3:30pm

Activities and discussion to help men who have had a stroke, cope with stroke related issues.

Mindfulness - \$20 (Hybrid)

Wednesdays 11:30 - 12:30pm

Class aims to help strengthen attention and focus, while also increasing awareness of emotions and learning skills to manage and reduce stress. Offered to both stroke survivors and family caregivers.

Physical Therapy - \$45* (In-person)

Wednesdays 1:00 - 2:30pm

Ongoing physical recovery with a licensed Physical Therapist in group therapy setting. Increases balance, endurance and mobility. **Virtual PT is \$35 from 1:00-2:00pm. *Requires a one-time \$80 PT evaluation.**

Reading and Writing Class - \$35 (Virtual)

Tuesdays 9:30 - 10:30am

Class targeting higher-level spelling, reading and writing of articles, letters, emails, notes, and numbers. This class also includes grammar and punctuation skills. Led by a licensed Speech-Language Pathologist.

Warm Water Pool Therapy - \$40* (In-person)

Thursdays 1:00 - 2:00pm

In-water exercises to increase balance, coordination, walking, strength, and endurance. Led by a licensed Physical Therapist with specialty in Aquatic Therapy. ***Requires a one-time \$80 PT evaluation.**

Individual and Family Services:

Counseling - \$60 (In-person or Zoom)

Available by Appointment

One-on-one session for stroke survivors or family members with a social worker that provides space to learn about stroke, the impact it had on you/your loved one, beneficial resources, and explore coping strategies for challenges related to emotional and physical functioning post-stroke.

Half-hour sessions are offered for \$30.

LiteGait/Individual Physical Therapy - \$80* (In-person)

Available by Appointment

LiteGait® is a gait training device that controls weight bearing, posture, and balance over a treadmill. It provides proper posture, reduces weight bearing, eliminates concerns for balance and falls. LiteGait can lift clients of all sizes from sitting to standing. Individual physical therapy sessions are also offered.

***Requires a one-time \$80 PT evaluation prior.**

Skill Building Lab - \$60 (In-person or Zoom)

Available by Appointment

One-on-one session that is individually tailored to work on any skills the individual would like to improve upon. This may be related to speech, thinking, technology, etc.

Virtual & Hybrid Stroke Support Groups: No charge for support groups

Caregiver's Group (Hybrid)

2nd and 4th Tuesdays 10:30 - 12:00pm

Caregivers receive support, strategies, and resources with others who understand stroke caregiving.

Young Stroke Support Group (Virtual)

1st and 3rd Tuesdays 4:00 - 5:30pm

Young stroke support group is a support group for survivors who had strokes under the age of 55.

Stroke 101 Educational Series (Virtual)

Contact for Dates - Tuesdays 1:00 - 2:30pm

Stroke 101 group is a 6-week series to learn about common stroke and recovery related topics.

Stroke Support Groups with breakout sessions for survivors and caregivers:

Encompass Rehabilitation Hospital - Littleton (Hybrid)

Monthly on last Tuesday 6:00 - 7:30pm

Good Samaritan Medical Center - Lafayette (Hybrid)

Monthly on 1st Thursday 6:00 - 7:30pm

Lutheran Medical Center - Arvada (Hybrid)

Weekly on Thursdays 10:30 - 12:00pm

UCHealth - Aurora (Hybrid)

Weekly on Wednesdays 4:00 - 5:30pm

Contact RMSC for more information or to sign up!

Call: (303) 730-8800 Mon-Thurs 9:00am - 5:00pm

Email: info@strokecolorado.org

Visit: www.strokecolorado.org



"Where recovery continues..."