

## Rocky Mountain Stroke Center 2022 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 - \$25 (Hybrid)**

**Thursdays 9:30 - 10:30am**

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 - \$25 (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)**

**Thursdays 10:30 - 11:30am**

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

#### **Critical Thinking Class - \$25 (Hybrid)**

**Thursdays 1:00 - 2:00pm**

Advanced class targeting high-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 - \$35\* (In-person)**

**Wednesdays 1:00 - 2:30pm**

Ongoing recovery with a licensed physical therapist in group therapy setting. Increases balance, endurance and mobility. **Virtual PT is \$25 from 1:00-2:00pm. \*Requires a one-time \$75 PT evaluation.**

#### **Reading and Writing Class - \$25 (Virtual)**

**Tuesdays 9:30 - 10:30am**

Advanced class targeting 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 - \$30\* (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 \$75 PT evaluation.**

## Individual and Family Services:

### **Counseling - \$50 (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 \$25.**

### **LiteGait/Individual Physical Therapy - \$75\* (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 \$75 PT evaluation prior.**

### **Skill Building Lab - \$50 (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)**

**2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 10:30 - 12:00pm**

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

### **Young Stroke Support Group (Virtual)**

**1<sup>st</sup> and 3<sup>rd</sup> 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/discuss common stroke/recovery related topics.

### **Stroke Support Groups with breakout sessions for survivors and caregivers:**

*Good Samaritan Medical Center - Lafayette* (Hybrid)

Monthly on 1<sup>st</sup> 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 today for more information or to sign up!**



**ROCKY MOUNTAIN  
STROKE CENTER**

"Where recovery continues..."

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

**Email: [info@strokecolorado.org](mailto:info@strokecolorado.org)**

**Visit: [www.strokecolorado.org](http://www.strokecolorado.org)**