

Virtual & Hybrid Rehabilitation Classes: Hybrid classes are offered both in-person and via Zoom.

Aphasia Group Therapy - \$25 (In-person/Zoom)

Thursdays 9:30 - 10:30am

Led by a board-certified speech-language pathologist to help stroke survivors with aphasia practice communication strategies and engage in language exercises and activities.

Requires a one-time questionnaire prior.

Book Club - \$10 (Zoom)

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.

Communication Class - \$25 (In-person/Zoom)

Thursdays 1:00 - 2:00pm

Led by a board-certified speech-language pathologist to help stroke survivors improve communication and cognitive difficulties that affect social relationships, independence, and self-confidence.

Cognitive Group Therapy - \$25 (Zoom)

Thursdays 10:30 - 11:30am

Led by a board-certified speech-language pathologist to help stroke survivors improve cognitive (thinking) skills such as memory, organization, planning, time management, and problem solving, using strategies and tools to increase independence. **Requires a one-time questionnaire prior.**

Brain Fit Music Therapy - \$25 (In-person/Zoom)

Mondays 11:00 - 12:00pm

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

Just Guys - \$25 (In-person/Zoom)

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

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

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. ***Requires a one-time \$75 PT evaluation prior.**

Physical Therapy - \$25 (Zoom)

Wednesdays 1:00 - 2:00pm

Ongoing recovery with a licensed physical therapist in group therapy setting. Increases balance, endurance and mobility. **Requires a one-time questionnaire prior.**

Warm Water Pool Therapy - \$30 (In-person)

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 prior.**

Written Communication Class - \$25 (Zoom)

Tuesdays 9:30 - 10:30am

Led by a board-certified speech-language pathologist with the goal of improving ability to communicate via written messages. This class uses written material to practice functional reading and writing. This class helps survivors who have difficulty with writing, spelling, and/or reading post-stroke.

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.

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.

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.**

Virtual & Hybrid Stroke Support Groups: No charge for support groups***Caregiver's Group (In-person/Zoom)*****2nd and 4th Tuesdays 10:30 - 12:00pm**

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

Young Stroke Support Group (Zoom)**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 (Zoom)**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* (In person/Zoom)**1st Thursdays 6:00 - 7:30pm***Lutheran Medical Center - Lakewood* (In-person/Zoom)**Weekly on Thursdays 10:30 - 12:00pm***UCHealth - Aurora* (In person/Zoom)**Weekly on Wednesdays 5:00 - 6:30pm****Contact RMSC today for more information or to sign up!****Call: (303) 730-8800 Mon-Thurs 9:00am - 5:00pm**Email: info@strokecolorado.orgVisit: www.strokecolorado.org*"Where recovery continues..."*