

Rocky Mountain Stroke Center 2022 Services and Support Groups

Virtual Rehabilitation Classes: All services are offered online via Zoom.

Aphasia Group Therapy - \$25

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.

Book Club - \$10

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

Mondays 11:00 - 12:00pm

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

Cognitive Group Therapy - \$25

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.

Communication Class - \$25

Tuesdays 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, individuality, and self-confidence.

Just Guys - \$25

Mondays 1:00 - 2:30pm, Tuesdays 10:30 - 12:00pm

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

Mindfulness Class - \$10

Wednesdays 11:00 - 12:00pm

This class aims to help stroke survivors strengthen attention and focus while also learning skills to manage and reduce stress.

Physical Therapy - \$25*

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 \$75 PT evaluation prior.**

Written Communication Class - \$25

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.

Virtual Individual and Family Services:

Case Management - \$50

Available By Appointment

Utilize case management services with a social worker who can assess your ongoing needs, coordinate care with location of and linkage to community resources and medical referrals, advocate on your behalf, and enhance successful functioning overall.

Counseling - \$50

Available By Appointment

One-on-one session for stroke survivors or family members with a licensed social worker that provides space to learn about stroke, the impact it had on you/your loved one, 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

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 Stroke Support Groups: No charge for support groups

Caregiver Support Group

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

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

Young Stroke Support Group

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 Support Group Series

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

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

Lutheran Medical Center - Lakewood

Weekly on Thursdays 10:30 - 12:00pm

Parker Adventist Hospital - Parker

2nd Mondays 3:00 - 4:30pm

UCHealth - Aurora

Weekly on Wednesdays 4:00 - 5:30pm

Contact RMSC today 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