Virtual Rehabilitation Classes on Zoom:

**Aphasia Group Therapy - $20**  
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.

**Communication Class - $20**  
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 - $20**  
Thursdays 11:00 - 12:00pm  
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.

**Chair Yoga - $10**  
Tuesdays 11:00 - 12:00pm  
Adapted chair yoga class helps to increase mobility and promote calm by focusing on different breathing techniques that awaken the body and spirit.

**Neurological Music Therapy - $20**  
Mondays 11:00 - 12:00pm  
Led by a board certified music therapist to enhance movement, verbal expression and processing.

**Just Guys - $10**  
Mondays 2:00 - 3:00pm  
Activities and discussion to help men who have had a stroke, manage stroke related issues.

**Individual Session (Skill-building Lab/Counseling) - $30/$40**  
By Appointment  
One-on-one session that is individually tailored to work on communication, cognitive, and/or emotional impacts for both stroke survivors and family members. **Half-hour sessions are offered for $20.**

**Physical Therapy - $25**  
Wednesdays 1:00 - 2:00pm, 2:30 - 3:30pm  
Ongoing recovery with a licensed physical therapist in group therapy setting. Increases balance, endurance and mobility. *Requires a one-time $50 individual assessment prior.

Virtual Stroke Support Groups on Zoom: No Charge for support groups

**Stroke 101 Educational Support Group Series**  
Tuesdays 1:00 - 2:30pm  
Stroke 101 group is an ongoing, 6-week series for new stroke survivors and families to learn about common stroke and recovery related topics, ask questions, and get connected.

Support groups below are for all ages with breakout sessions for caregivers and survivors:

- **Parker Stroke Support Groups**  
  2nd and 4th Mondays 3:00 - 4:30pm

- **UCH Health Aurora Stroke Support Groups**  
  Wednesdays 4:00 - 5:30pm

- **Lutheran Lakewood Stroke Support Groups**  
  Thursdays 10:30 - 12:00pm

- **Good Samaritan Lafayette Stroke Support Groups**  
  1st & 3rd Thursdays 4:00 - 5:30pm

- **Caregiver’s Group**  
  2nd and 4th Tuesdays 10:30 - 12:00pm  
  Caregiver’s group is an opportunity to meet other caregivers and receive support, strategies, and resources.

- **Young Stroke Support Group**  
  3rd Tuesdays 4:00 - 5:30pm  
  Young Stroke Support group for survivors who had strokes under the age of 55.

Visit: [www.strokecolorado.org](http://www.strokecolorado.org)  
Email: info@strokecolorado.org  
www.facebook.com/RockyMountainStrokeCenter