

Rocky Mountain Stroke Center

2021 Services and Support Groups

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 - \$20

Mondays 2:00 - 3:30pm

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

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 \$50 individual assessment prior.

Written Communication Class - \$20

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:

Skill Building Lab - \$30

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.

Counseling - \$40

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 \$20.

Case Management - \$50

Available By Appointment

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

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

Caregiver's Group

Evening - 1st and 3rd Tuesdays 6:00 - 7:30pm

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

Caregiver's group is a place to 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 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 and 4th 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



"Where recovery continues..."