Virtual Rehabilitation Classes on Zoom:

**Aphasia Group Therapy** - $20
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
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
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
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
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
Led by a board certified music therapist to enhance movement, verbal expression and processing.

**Just Guys** - $10
Activities and discussion to help men who have had a stroke, manage stroke related issues.

**Individual Session (Skill-building Lab/Counseling)** - $30/$40
Available 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
Ongoing recovery with a licensed physical therapist in group therapy setting. Increases balance, endurance and mobility.

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

**Caregiver’s Group**
Support group is an opportunity to meet other caregivers and receive support, strategies, and resources.

**Young Stroke & Family Support Group**
Support group for survivors who had strokes under the age of 55.

**Parker Stroke Support Groups**
**UCH Health Aurora Stroke Support Groups**
**Lutheran Lakewood Stroke Support Groups**
**Good Samaritan Lafayette Stroke Support Groups**
Support groups for all ages with breakout sessions for caregivers and survivors.

Call: (303) 730-8800 Mon-Thurs 9:00am - 5:00pm
Email: info@strokecolorado.org
Visit: www.strokecolorado.org