

Rocky Mountain Stroke Center: 2020 Rehab Services

Main Office - 5666 S. Bannock St. Littleton, CO 80120:

Aphasia Book Club - \$10

Thursdays 11:00am - 12:00pm

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

Aphasia Group Therapy - \$25

Thursdays 10:00am - 11:00am

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

Aphasia Music Therapy - \$25

Mondays 11:00am - 12:00pm

Led by a board certified music therapist to help stroke survivors with aphasia learn to use music to improve verbal expression and conversational speech.

Cognitive Group Therapy - \$25

Thursdays 11:00am - 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.

Neurological Music Therapy - \$25

Mondays 1:00 - 2:00pm

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

Art Therapy - \$25 Please call to reserve your spot!

Mondays 10:30am - 12:00pm

Explore the healing possibilities of self-expression in multi-medium art therapy for stroke survivors. Art therapy helps the brain regain an ability to combine physical movement with creative thought!

Just Guys - \$25

Mondays 3:00 - 4:00pm

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.

Offered at four locations: Aurora, Lafayette, Lakewood, Littleton, and Parker

Physical Therapy - \$35*

Tuesdays 10:00am & Wednesdays 12:00pm, 1:00pm, 2:30pm & 3:30pm

Ongoing recovery with a licensed physical therapist in group therapy setting. Increases balance, endurance and mobility. *Requires a PT evaluation prior.

Pool Therapy - \$25*

Thursdays 11:45am & 1:15pm

In-water exercises to increase balance, coordination, walking, strength, and endurance. Led by an aquatics physical therapist in a warm water pool at a recreation center in Littleton. *Requires a PT evaluation prior.

LiteGait - \$50*

Available By Appointment

Individual physical therapy sessions on partial weight bearing equipment. *Requires a PT evaluation prior.

***Physical Therapy Evaluation - \$60**

Available By Appointment

One-time individual evaluation to assess for Physical Therapy, Pool Therapy, and/or LiteGait participation.

Main Office - Seasonal Programs

Chair Yoga - \$10

Mondays 2:00-3:00pm

Adapted chair yoga class helps to increase mobility and promote calm by focusing on different breathing techniques that awaken the body and spirit

Adaptive Gardening - Experience the benefits of nature, planting with peers in raised garden beds

Crafts - Create a variety of crafts such as seasonal/holiday decorations and cards, knitting, and art activities

Mindfulness - By focusing on the present, reduce stress, improve mood, and enhance thinking abilities

Lutheran Neurosciences Center: 2020 Rehab Services

Lakewood - 1687 Cole Blvd Suite 150, Lakewood, CO 80401:

Chair Yoga - No Charge

Thursdays 9:30am - 10:30am

Adapted chair yoga class helps to increase mobility and reduce stress by focusing on different breathing techniques that awaken the body and spirit.

Aphasia Group Therapy - \$25 Please call to reserve your spot!

Thursdays 1:00pm - 2:00pm

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

Neurological Music Therapy - \$25 Please call to reserve your spot!

Thursdays 2:00 - 3:00pm

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

Rocky Mountain Stroke Center: 2020 Support Groups

Main Office - 5666 S. Bannock St. Littleton, CO 80120:

Caregiver's Group - No Charge

2nd Friday 10:30am - 12:00pm

This group is an opportunity to meet with other caregivers and receive support, strategies, and resources.

Young Stroke & Family Support Group - No Charge

1st & 3rd Tuesdays 4:30 - 6:00pm

Support group for survivors who had strokes under 55 with breakout sessions for caregivers and survivors.

UCH Stroke Support Groups - 2400 S. Peoria St. Aurora, CO 80014:

Stroke Support Groups - No Charge

Wednesdays 5:00 - 6:30pm

Support group for all ages with breakout sessions for caregivers and survivors.

Lafayette Stroke Support Groups - 200 Exempla Circle, Lafayette, CO 80026:

Stroke Support Groups - No Charge

1st & 3rd Thursdays 6:00 - 7:30pm

Support group for all ages with breakout sessions for caregivers and survivors.

Lutheran Medical Center Stroke Support Groups - 1687 Cole Blvd Suite 150, Lakewood, CO 80401:

Stroke Support Groups - No Charge

Thursdays 10:30 - 12:00pm

Support group for all ages with breakout sessions for caregivers and survivors.

Parker Stroke Support Groups - 9395 Crown Crest Blvd, Parker, CO 80138:

Stroke Support Groups - No Charge

2nd Mondays 4:00 - 5:30pm

Support group for all ages with breakout sessions for caregivers and survivors.

Call or visit our website: (303) 730-8800 or www.strokecolorado.org

