

Are You a Stroke Survivor?

We're here to support your recovery.

Schedule Your Rehabilitation Care

A stroke can change your life—but you don't have to go through recovery alone. CHA offers services and community resources to help and support you in your recovery journey.

If your doctor referred you for:

- Physical Therapy
- Occupational Therapy
- Speech Therapy

Call **CHA Rehabilitation** at **617-591-4600** to schedule your appointment. When you call, let us know you are a stroke survivor so we can schedule you with the right care team.

Support Groups:

- Beth Israel Deaconess Medical Center Stroke Support Group
bidmc.org/classes-events/stroke-support-group
- American Heart Association Stroke Survivors Network
supportnetwork.heart.org
- Beth Israel Lahey Health In-Person Support Groups
lahey.org/classes-events/support-groups

Community Resources:

CHA's Department of Community Health partners with local organizations to offer programs that support stroke recovery and prevention, including:

- Fitness and wellness programs
- Health education workshops
- Help connecting to community services
- Assistance accessing care
- You can also find programs at the Mystic Valley YMCA to support stroke prevention and recovery

Community Health Workers are available to connect you to these resources.

Leave a message or send an email in your own language and one of our Community Health Workers will connect with you.

Phone: 617-806-8778 **Email: CHW@challiance.org**

Scan the QR code to search for more local resources.

