

## 'SAUGA STROKE BREAKERS

For more Information  
please contact:

Mississauga Valley CC  
1275 Mississauga Valley Blvd  
905-615-4670

'Sauga Stroke Breakers has been in existence for 28 years. Through the dedication of Special Needs Coordinator Terri Dale and an amazing team of volunteers, who devote their time to the overwhelming success of 'Sauga Stroke Breakers. 'Sauga Stroke Breakers is a partnership program with Trillium Health Centre, Credit Valley Hospital and the City of Mississauga with sponsorship from the Mississauga Central Lions Club. The premise of the Sauga Stroke Breakers is a stepping stone back into the community post stroke. 'Sauga Stroke Breakers is for participants to refocus a new and different way of life, by building up strength and stamina. 'Sauga Stroke Breakers provides therapy and social activities that is geared towards each individuals needs.

## 'SAUGA STROKE BREAKERS



A Therapeutic Recreation  
Program for Stroke Survivors

Mississauga Valley's program is offered in partnership with the Trillium Health Centre Occupational Therapy Credit Valley Hospital Department with sponsorship from the Mississauga Central Lions Club



# 'SAUGA STROKE BREAKERS'

*A stepping stone back in to the  
community*

***Therapeutic  
Recreation Program  
For Stroke Survivors***



## Who is Eligible?

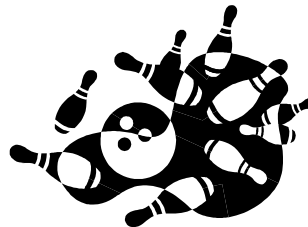
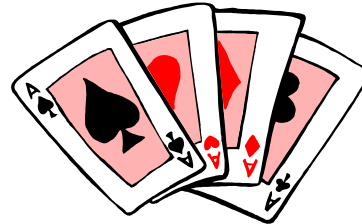
- Over 21 years old
- Stroke Survivor
- Physician's consent
- Able to look after basic Self-care needs Independently or with Minimum assistance

## Program Details

- Pool session
- Lunch break (bring own lunch; coffee & tea supplied)
- Individual activities: cards, painting, crafts, ceramics, darts, bowling, golf-putting practice, table tennis,
- Tai Chi
- Speech Therapy
- Guest Speakers
- An outing or special event will be planned midway through the program
- Please note that participants must be able to participate in all aspects of the program
- Responsible for own transportation

## Program Location

Mississauga Valley CC  
1275 Mississauga Valley Blvd  
905-615-4670



## How to Register

### Step 1:

Fill out the referral form with physician's consent and registration form and return it to:

**Recreation and Parks  
Customer Service Centre  
Central Library 301  
Burnhamthorpe Road West  
Ground Floor  
Mississauga ON. L5B 3Y3**

**Please include registration fee.**

**Note:** Registration & fee does not guarantee acceptance into this program.

### Step 2:

Upon receipt of the completed referral form, candidates not involved in previous sessions, will be contacted & an interview will be arranged. It is imperative that interview times be attended as scheduled.

### Step 3:

You will be accepted into the program Unless otherwise notified.

- Incidental fees may be levied, (eg. outing's ), over and above the program fees