

## '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?

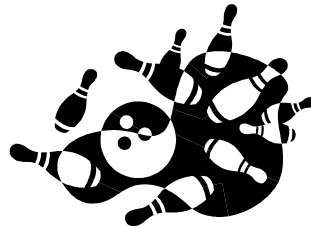
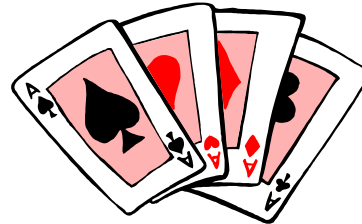
- Over 21 years old
- Stroke Survivor
- Physician's consent
- Able to look after basic Self-care needs Independently or with Minimum assistance

## 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