

'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?

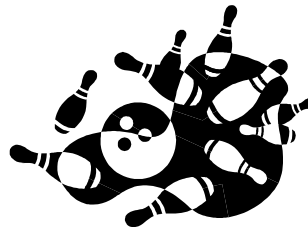
- Over 21 years old
- Stroke Survivor
- Physician's consent
- Able to look after basic Self-care needs Independently or with Minimum assistance

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