Fighting Heart Disease & Stroke

ACTivate Your Life After Stroke

A new programme to support the emotional wellbeing and recovery of people and family members impacted by stroke.

A stroke is a serious life event that impacts each individual and family differently. It is normal to feel many different and often difficult emotions after a stroke, such as worry, sadness and anger.

The **ACTivate Your Life After Stroke programme** was designed to help people understand the impact of a stroke on their mental health and to develop skills to manage distress following a stroke.

Who is this programme for?
The programme is for those affected by stroke more than one year ago, and their carers, families and friends.

Venue:

How much: Free of charge, and tea and coffee will be provided
How long: 2 hours per week for 4 weeks

Sign up information: For more information and to sign up for the next programme, contact Croí on **091 544310** or email **healthteam@croi.ie**

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