

Groups and Courses

ACTION after Stroke

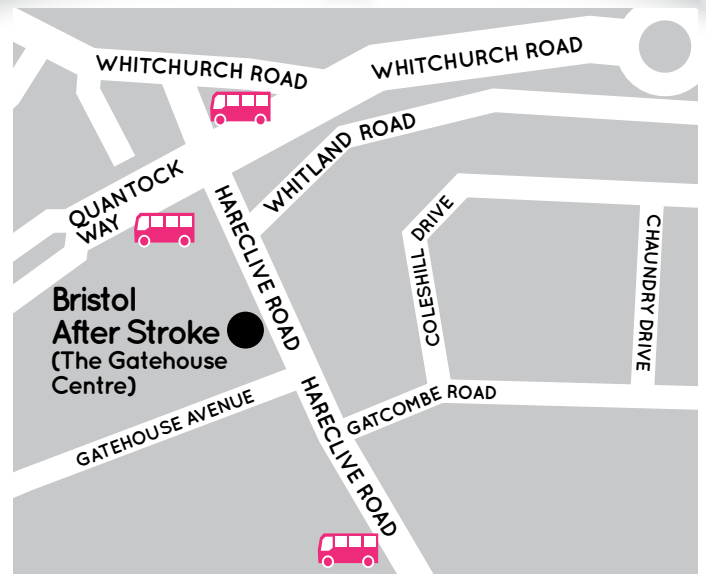
ACTION after Stroke is a course rather than a group. It was created especially for people who feel distressed or anxious after a stroke.

A stroke affects everyone differently but it can cause physical, emotional and social upheaval, not only for the person but for those closest to them.

The distress can often make people feel unable to get on with their lives. Carers can have similar feelings and this course is also suitable for them.

ACTION after Stroke is about learning ways to manage painful feelings, thoughts and sensations. It is also about committing to take action that improves and enriches our lives, despite having a stroke, or caring for someone with a stroke.

ACTION after stroke is a four-week course with an optional fifth week. Each session is two hours long. It is an educational group where you can learn simple techniques that can change patterns of experience and thinking. Many people have benefitted from this approach.



To find out about more or to book onto the next course, call 0117 964 7657

Keep up to date with Bristol After Stroke

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Helping local people live well after stroke