



POST STROKE AND DISABLED ADULT SUPPORT GROUP PROGRAM

Program Description: The Post Stroke and Disabled Adult Support Group Program sponsors four (4) support groups that meet weekly. Program functions include socialization; group discussions; activities geared to promote personal fitness; arts & crafts; ceramics; trivia games; exercises; physical therapy (limited); music & reminiscence sessions; guest speakers; and occasional leisure (i.e., recreational) outings. No fee is charged to participate.

Location, Days, and Time of Support Group Meetings:

ENGLEWOOD

Friday, 9:30 AM - 1:00 PM
Southeast Center for Independent Living
228 Grand Avenue • Englewood

ENGLEWOOD

MS Support Group
3rd Saturday of each month, 10:00 AM – 12:00 PM
Ebenezer Baptist Church
216 4th Street • Englewood

MAYWOOD

Thursday, 9:30 AM - 12:30 PM
Maywood Senior Center
45 West Magnolia Avenue • Maywood

RIDGEWOOD

Tuesday, 10:00 AM - 12:00 PM
Village Hall I - Town Hall Council conference room (4th Floor)
131 North Maple Ave. • Ridgewood.

How to Apply:

If interested in joining one of the groups, please contact Daniel S. Kotkin at the Division on Disability Services at (201) 336-6504 for further information.