

Were you under 40 when you had your stroke?

Join us and speak with other people adjusting
to life after stroke

YOUNG stroke GROUP (YSG)

An Acquired Brain Injury Group

Young Stroke Group (YSG) - An Acquired Brain Injury Group* is a group of people who have survived a stroke or brain injury when they were aged 15 to 40 as well as their friends and family, that provides mentoring, support and information.



It's hard to fully understand that a stroke can happen to someone so young. The issues are quite different to those of someone who is 60. Often, friends and family find it difficult to understand or empathise with what's going on. Sometimes you just want to talk with people *who do*.

We have **group meetings, online forums** and **professional education sessions** to discuss:

- Tips on continuing your rehab journey
- Health issues (e.g. fatigue, depression)
- Coping with study, career and/or lifestyle changes
- Family issues (e.g. young families, living with aging parents).

Our meetings are held at Haberfield, St David's Uniting Church on the second Saturday of every second month 11am to 1pm.

Our online forums are on every month.

If you aren't ready to attend the group meetings, why not begin by bringing a friend or carer, or start online first!

For more information contact:

Lara Friedman or Sarah Cullen at friedmanlara@gmail.com

or Glenn Jackson at glennjackson@westpac.com.au

Or check us out at www.differentstrokesclub.org.au

Member quotes:

"I had a brain hemorrhage at 14. Now I have someone to talk to about my experience"

"DS made me realize that I wasn't the only one with these problems and gave me hope for the future."

*Formally Different Strokes-Young Acquired Brain Injury