

stroke clubs & brain injury

CONTINUING CARE SERVICES

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DISABILITY SUPPORT PROGRAMS & SERVICES…… 619-388-4944
Acquired brain injury classes for adults. Call for details.
SD Community College District Continuing Education *www.sdcce.edu/dsps*

GRAY MATTERS BRAIN INJURY SUPPORT GROUP……619-333-3830
www.graymatters4u.com

INDEPENDENT CLUB……619-236-7755
For adults with cognitive impairments or brain injuries. Promotes independence as members plan their own leisure activities and utilize the "buddy system" on outings.
www.sandiego.gov/park-and-recreation/activities/trs

SAN DIEGO BRAIN INJURY FOUNDATION ……619-294-6541
www.sdbif.org

SD REHABILITATION INSTITUTE (SDRI)…… 619-229-7362
Comebacker's Neuro Club, a support and recreational group for family members and survivors of stroke or brain injury.
6645 Alvarado Road, San Diego

SCRIPPS PROGRAMS OPEN TO THE COMMUNITY

Brainmasters: Brain Injury Support Group …… 760-633-6709
1092 N. El Camino Real Encinitas, CA 92024

Healing Arts Class and Support Group
Enjoy self-expression through art, increase art skills, or develop a new interest.
1092 N. El Camino Real Encinitas, CA 92024

Stroke and Brain Injury Education and Support …… 800-727-4777
1092 N. El Camino Real Encinitas, CA 92024 …….. 760-633-6709
237 Church Ave., Chula Vista (Scripps Well Being Center) ……. 619-862-6611

S.T.A.R. (Stand Together and Recover) & Parkinson's Program
A support and practice group, led by a speech professional, helps adults with communication difficulties resulting from stroke.
Scripps Mercy Well Being Center: 237 Church Ave., Chula Vista ….619-862-6652
San Diego Campus ……..... 619-260-7161

http://continuingcare-sandiego.kp.org

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SHARP GROSSMONT COMMUNICATION GROUP……. 619-740-4100
Communication Group focuses on speech and language difficulties offered by speech therapy department.

SHARP MEMORIAL RECREATION THERAPY DEPT (YESS) ……. 858-939-3048
Young Enthusiastic Stroke Survivors. Group for stroke & head injury individuals and their families, no fee (Currently only virtual classes offered).
2999 Health Center Dr., San Diego

PALOMAR MEDICAL CENTER ……442-277-6100
Palomar/Pomerado Referral Service ……..800-628-2880
Stroke Communication Group. Provides support for stroke survivors and their loved ones.
555 E. Valley Parkway, Escondido

For corrections to this handout, please call (858) 614-0533