



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.sdccce.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 FOUNDATION619-294-6541

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>



- 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 CENTER442-277-6100
 Palomar/Pomerado Referral Service800-628-2880
 Stroke Communication Group. Provides support for stroke survivors and their loved ones.
 555 E. Valley Parkway, Escondido

For corrections or additions to this handout, please call (619) 641-4456