



TRINITY  
exercisestudio



Neuro  
Speech  
Solutions

# Stroke & Neuro Recovery Group

Our goal is to promote communication between survivors and their family/caregivers by equipping them with skills and strategies for self-advocacy. We also hope to provide psychological support for rebuilding quality of life and redefining sense-of-self following a stroke.

## ✦ REGISTRATION IS NOW AVAILABLE! ✦

For stroke survivors and individuals with acquired brain injuries and their caregivers.

### 2025 Group Dates:

February 5th	August 6th
March 5th	September 3rd
April 2nd	October 1st
May 7th	November 5th
June 4th	December 3rd
July 2nd	

From:

1:00 – 2:30 pm

**Please contact Cris at 405-315-6585 to register.**

Each group is limited to 10 people. Cost is \$10 per person or \$15 per couple.

Group will be held at the Trinity Exercise Studio located at:  
15220 N. Western Ave #1e, Edmond, OK 73013



**Cris Gomes**, MA, CCC-SLP is a speech-language pathologist who survived a massive stroke in 2021 at 35 years old. Her clinical practice with survivors of stroke and acquired brain injury is informed by her experience as a patient. Her mission is to share hope with those who are feeling hopeless after a life-altering event.



**Pamela Forducey**, Ph.D., ABPP-RP has been a health service psychologist since 1990, and is board certified in rehabilitation psychology. She has served in a hospital/medical setting for over 30 years, and has worked with individuals with neurological conditions and their caregivers.