

Your Stroke Journey: Chapter 9

As you read through the “**Your Stroke Journey**” book, you can use this guide to help you understand what each chapter is about and why it is important.

Chapter 9 – Return to Work

You may be thinking about going back to work, or changing jobs. There is help available.

In this chapter you will:

- » Think about what going back to work or changing jobs would be like
- » Find programs and people who can help you return to work
- » Learn how volunteering can help you, and find a role you might enjoy

Information received from a Stroke Navigator is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Ask a physician or qualified health care provider about questions you may have regarding a medical condition or making a lifestyle change.



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1-800-663-3600
stroke@hsf.nb.ca

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You'll find helpful resources in **Chapter 9 - Returning to Work**. Here are a few more that might be useful for you.

Find these resources and more online at: heartandstrokenb.ca/stroke-resources

Where to get Support:

- » Government of Canada Website
 - [Vocational Rehabilitation Program for Canada Pension Plan disability benefits recipients](#)
- » [Neil Squire Society Website](#)

Volunteering:

- » [Volunteer Centre of Southeastern New Brunswick Website](#)
- » [Volunteer Greater Fredericton Website](#)
- » [Greater Saint John Volunteer Connector Website \(also serving Sussex\)](#)
- » Canadian Red Cross Website [New Brunswick Volunteer Opportunities](#)

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