**What is Aphasia?**

Aphasia is a language disorder most commonly caused by strokes. People with aphasia may have difficulty:

- speaking and using words
- understanding other’s words
- reading and writing words
- using and understanding numbers

As a result, communication can be limited and challenging. Aphasia may lead to painful social isolation. It is often misunderstood to be an intellectual disorder, which it is NOT.

Other causes of aphasia include brain tumors, head injuries, infections, degenerative neurological conditions and primary progressive aphasia.

"With aphasia, I have to think about everything I say and remember how to say it...our minds are not slow, our words are."

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**From our Participants:**

"We have seen so much improvement in [mom’s] communication since she started the MnCAN group."

"MnCAN has helped me so much. I wait for it every week."

"I believe that the conversation groups are important to my recovery."

"Your work gives hope and leaves isolation behind!"

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**Minnesota Connect Aphasia Now**

Providing opportunities for people with aphasia to practice communication skills in a supportive environment

[www.MnCAN.org](http://www.MnCAN.org)
MnCAN is a non-profit organization dedicated to providing programs that help people with aphasia improve communication and life participation.

A variety of programs focus on brain injury survivors with aphasia, people with primary progressive aphasia, and their care partners.

The overall goal is to increase quality of life by decreasing social isolation, gaining new skills and building confidence.

Programs are facilitated by Speech Language Pathologists and counselors/social workers. In addition to the aphasia conversation practice groups, MnCAN also offers:

- **Voices Moving Forward Aphasia Choir**
- **Staying Connected Primary Progressive Aphasia (PPA) Program**
- Support group for persons with PPA and their care partners
- Care partner support group for those who support loved ones with aphasia

- Fall/Winter sessions meet for 12 weeks
- Summer session meets for 8 weeks
- Groups meet weekly for 90 minutes
- Check website for details: www.MnCAN.org

1. Health care professional and/or self referrals: contact MnCAN at 612-524-8802 or email contact@mncan.org.

2. An Intake/Background information form will be completed by phone or email.

3. The new participant will then be connected to a group facilitator to get started.

4. Registration forms will be sent to new and returning participants. Tuition due with returned forms; Financial support is available upon request.