



The simple
doesn't
need
to be
impossible.

The first
6 months
are critical.
Begin your
recovery
journey
with S3.

Join Our Community



We are committed to walking the journey from post-discharge to dignified living with stroke survivors. Plug into our community for the strength, encouragement and resources for holistic post-stroke care and wellness.

Kickstart Your Rehabilitation



Rebuilding of lives begins with a positive mindset. Our programmes are evidence-based and result-oriented, customised to help stroke survivors optimise their recovery.

Bounce
back from
stroke

Making post-stroke care a priority is important in managing the risks of having another stroke and developing other chronic illnesses.

Joining us at S3 can help stroke survivors

-  1. **Slow down**
general deconditioning
-  2. **Overcome**
communication challenges
-  3. **Reduce**
social isolation
-  4. **Lower risks**
of having depression

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Are you a...

2. Stroke Survivor

R.E.A.L. Programme

Activity-based restorative exercises designed to help you reach your maximum recovery potential in an enjoyable and sustainable way. Practise the skills you need to return to active living.

1. Caregiver

Positive Road to Stroke Recovery

Sessions to help you maintain a harmonious balance between body, mind and spirit. Improve your coping skills and gain confidence to care better for your loved ones.

Do you have a focus area you would like to work on?



Upper Body Strength

Stroke Re-integration Programme

A programme that helps you identify your occupational needs. Learn strategies to manage your health and safety independently.



Lower Body Strength

WALK-ON @ S3 Programme

An adaptive personal fitness programme that makes use of technology to help you strengthen your body, correct your posture and increase your walking speed.



Communication C3 Programme

A programme designed by speech therapists to help you improve your speech and listening so that you can communicate better.

You don't
stand
alone



Physical limitations?



Financial concerns?



Transportation issues?

Call us and let us know how
we can help ease your burden.



Tel: 6473 3500
Email: info@s3.org.sg
Volunteer: volunteer@s3.org.sg

Our Locations

Enabling Village
20 Lengkok Bahru
#01-04 Playground
Singapore 159053

1 Jurong West Central 2
Community Hub
#06-01 Jurong Point Shopping Centre
Singapore 648886