



After Stroke Virtual Activities

After Stroke Community Conversations

- A peer support group for stroke survivors from all over Canada where they share knowledge and resources, and meet virtually.
- **Time:** Every Tuesday from 1:00 PM to 2:30 PM EST
- **Note:** We are also offering 1-1 conversations virtually (phone and zoom) with our trained virtual peer mentor volunteers who are also stroke survivors.
- [Registration Form](#)

After Stroke Caregiver Conversations

- A peer support group for caregivers of stroke survivors from all over Canada where they share knowledge and resources, and meet virtually.
- **Time:** Every Thursday from 2:00 PM to 3:00 PM EST
- **Note:** We are also offering 1-1 conversations virtually (phone and zoom) with our training virtual peer mentor volunteers who are also caregivers of stroke survivors, and have ongoing caregiver education series and workshops.
- [Registration Form](#)

Aphasia Peer Connect

- A group for stroke survivors in the community living with aphasia from all over Canada. The group is a social group that provides accessible communication and conversation for all!
- **Time:** Every Monday and Thursday from 2:00 PM to 3:00 PM
- [Aphasia Peer Connect](#)

Conductive Education

A holistic rehabilitative program that focuses on reducing the physical effects of a disability and emphasizes becoming more independent and empowered. This program is available to **any** stroke survivor who is motivated to learn and improve.

- **Cost:** FREE
- **Register:** Please email ce@marchofdimes.ca (a short application will need to be completed)

GRASP

- Program for stroke survivors living in the community to improve arm and hand function. The GRASP program is suitable for stroke survivors who have some grasp and release ability.
- **Date:** June 23rd, 2021 to August 25th, 2021
- **Time:** 1:30 PM to 2:30 PM (PST is listed on poster)
- **Cost:** \$100 for the 10 week program – subsidy is available for those that require financial assistance
- To book a screening appointment for the program please email Seonaid at templetonsrabc@gmail.com, or by calling Anna at 236-522-1896. Spots fill up quickly so please register quickly if you are interested in attending!

PERK

A free weekly social group for individuals living with cognitive challenges (including stroke survivors, people living with multiple sclerosis, Parkinson's, and other acquired brain injuries). PERK activities are designed to stimulate a stroke survivor mentally, physically, emotionally and socially. The program uses imagination, concentration, creativity, memory, brainstorming and social interaction.

- **Cost:** FREE
- **Date:** May 11th, 2021 to June 22nd, 2021 – clients can still join as there is space available
- **Time:** 9:30 AM to 11:00 AM EST
- **Register:** Please email Brittany Jennings at bjennings@marchofdimes.ca

Connect & Share matches adults with like-minded volunteers for social engagement, support, sharing of hobbies and other activities. The goal is to combat social isolation and loneliness and will take place remotely, either via telephone or an online platform such as Zoom. Program is open to any adult with a disability over the age of 18.

Hi, Tech! has volunteers who will be matched with adults to provide remote tech support, to help solve any problems they have with understanding, accessing and using digital technology. Clients might want to join Facebook, play online scrabble, buy your groceries online, or use Zoom to join a virtual program - you just don't know how! Program is open to any adult with a disability over the age of 18.

Caregiver Events: <https://www.eventbrite.ca/o/march-of-dimes-canada-27715764721>

Website: <https://afterstroke.marchofdimes.ca/>

Virtual Programming Options: <https://www.marchofdimes.ca/en-ca/programs/Pages/Online-virtual-programs.aspx>

Facebook Group: [After Stroke - Realizing The Possible](#)

If you have any questions or would like to register for a program, contact your local After Stroke staff.

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