



Stroke Recovery BC provides in-person and virtual programs to those affected by stroke throughout every stage of recovery. Our programs are designed to help with:

- **Skill Development:** re-learn and practice skills that will help in your day-to-day life.
- **Peer Support:** connect with other individuals who have been impacted by stroke for emotional support, firsthand advice, and the ability to talk through your experience.
- **Exercise and Movement:** Improve your physical function, strength, balance and energy levels with light exercises, stretches and movement.
- **Speech and Communication:** practice improving your speech and communication skills in a safe and welcome environment led by skilled Program Instructors and Volunteer Leads.
- **Education and Resources:** learn practical and important information about stroke and secondary prevention. Also, local resources that are available.

**Participation Fee: \$50/year** (for unlimited programs)

### Community In-Person Programs

Community In-Person Meetings	Day	Time (Pacific Time)	Frequency
Castlegar	Wednesdays	11:00 am – 12:00 pm	Weekly
Chilliwack	Wednesdays	2:30 pm – 4:30 pm	Weekly
Comox	Wednesdays	9:30 am – 11:30 am	Weekly
Coquitlam	Fridays	10:00 am – 2:00 pm	Weekly
Delta	Tuesdays	10:30 am – 12:30 pm	Weekly
Kamloops	Wednesdays	10:00 am – 12:00 pm	Weekly
Kelowna	Thursdays	11:30 am – 1:30 pm	Weekly
Langford	Wednesdays	1:00 pm – 3:00 pm	Weekly
Maple Ridge	Fridays	10:00 am – 12:00 pm	Weekly
Nanaimo	Fridays	11:00 am – 1:00 pm	Weekly
Nelson	Fridays	10:00 am – 12:00 pm	Weekly
Prince George	Tuesdays	1:00 pm – 3:00 pm	Weekly
Richmond	Fridays	10:00 am – 12:00 pm	Weekly
Salmon Arm	Wednesdays	1:30 pm – 3:30 pm	Weekly
Surrey	Saturdays	10:30 am – 12:30 pm	Weekly
Vancouver/Shaulnessy	Tuesdays	10:00 am – 12:00 pm	Weekly
White Rock	Tuesdays	2:30 pm – 4:00 pm	Weekly

**REGISTER AT [www.StrokeRecoveryBC.ca](http://www.StrokeRecoveryBC.ca)**

*Stroke Recovery BC is a non-profit organization that has been providing programs, advocacy and education to stroke survivors and family members since 1979.*

## Virtual Regional Programs

Virtual Regional Programs	Day	Time (Pacific Time)	Frequency
Fraser Health Region	Wednesdays	1:00 pm – 2:30 pm	Weekly
Vancouver Island Health Region	Tuesdays	9:30 am – 11:00 am	Weekly
Northern Health Region	Thursdays	1:00 pm – 2:30 pm	Weekly
Vancouver Coastal Health Region	Fridays	10:00 am – 11:30 am	2x/month
White Rock Region	Tuesdays	10:00 am – 11:30 am	Weekly
BC Wide TALK	Thursdays	10:00 am – 11:00 am	2x/month
PERK Program	Thursdays	2:00 pm – 3:00 pm	2x/month
Musical Minds	Tuesdays	3:00 pm – 4:30 pm	Weekly

## Virtual Language Programs

Virtual Language Programs	Day	Time	Frequency
BC Wide Chinese	Wednesdays	11:00 am – 1:00 pm	Weekly
BC Wide South Asian	Fridays	9:00 am – 11:00 am	Weekly

## Aphasia Peer Connect Virtual Programs

Virtual Aphasia Programs	Day	Time	Frequency
BC Wide APC	Tuesdays	10:00 – 11:00 Pacific Time	Weekly
BC Wide APC	Tuesdays	1:00 – 2:00 Pacific Time	Weekly
BC Wide APC	Wednesdays	10:00 – 11:00 Pacific Time	Weekly
BC Wide APC	Thursdays	1:00 – 2:00 Pacific Time	Weekly
BC Wide APC	Fridays	1:00 – 2:00 Pacific Time	Weekly



Our vision and mission are to support stroke survivors on their road to recovery. Our programs allow you to connect with other stroke survivors and caregivers for emotional support, firsthand advice, and friendship.

Each year, we help over 2300 stroke survivors, their families and care-partners through our in-person and virtual programs so every stroke survivor can move through recovery with hope and support to lead a full and rewarding life.

**REGISTER AT [www.StrokeRecoveryBC.ca](http://www.StrokeRecoveryBC.ca)**