



STROKE SUPPORT

WHEN AND
WHERE YOU
NEED IT

Castlegar Stroke Recovery Program

Community Meetings provide an opportunity to **connect** with fellow **stroke survivors** locally to find **support, companionship, share stories** and **learn** from one another in **safe environment**.

Where: Castlegar and District Community Centre, 2102 6th Ave, Castlegar

Time: 10:00 a.m. – 12:00 p.m.

When: 1st and 3rd Thursday of each month

Our Program Leads are here to support you and your family. We will work with you to understand your needs and goals and help connect you with people, resources and services in your community.

For more **information** or to register to attend the **Castlegar Stroke Recovery Program**, please **email:**

afterstroke@marchofdimes.ca

or call 1-888-540-6666



STROKE RECOVERY ASSOCIATION OF BRITISH COLUMBIA
AN AFFILIATE OF AFTER STROKE, A PROGRAM OF MARCH OF DIMES CANADA