



Stroke Recovery Association of BC Virtual and In-Person Programs

The Stroke Recovery Association of BC provides services, education, and advocacy to those affected by stroke throughout every stage of recovery. We have a number of programs to help you in achieving your goals. Our programs are designed to help with:

- ➡ **Skill development:** re-learn and practice skills that will help you 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.
- ➡ **Speech and Communication:** practice improving your speech and communication skills in a safe and welcome environment led by skilled volunteers.
- ➡ **Education:** learn practical and important information about stroke and secondary prevention

Community In-Person Programs

Community In-Person Meetings	Day	Time	Frequency
Abbotsford	Tuesday	12:30 – 2:00 Pacific Time	1 st and 3 rd Tuesday
Burnaby	Friday	10:00 – 12:00 Pacific Time	2 nd and 4 th Friday
Castlegar	Thursday	10:00 – 12:00 Pacific Time	Weekly
Chilliwack	Wednesday	9:00 – 11:00 Pacific Time	2 nd and 4 th Wednesday
Comox	Wednesday	9:30 – 11:00 Pacific Time	Weekly
Coquitlam	Friday	10:00 – 2:00 Pacific Time	Weekly
Delta	Tuesday	10:30 – 12:30 Pacific Time	Weekly
Kamloops	Wednesday	10:00 – 12:00 Pacific Time	Weekly
Kelowna	Thursday	11:30 – 1:30 Pacific Time	Weekly
Langford	Thursday	2:30 – 4:30 Pacific Time	Weekly
Maple Ridge	Friday	10:00 – 12:00 Pacific Time	Weekly
Nanaimo	Friday	11:00 – 1:00 Pacific Time	Weekly
Nelson	Friday	10:00 – 12:00 Pacific Time	Weekly
Prince George	Tuesday	1:00 – 3:00 Pacific Time	Weekly
Richmond	Monday	10:00 – 12:00 Pacific Time	Weekly
Surrey	Saturday	10:30 – 12:30 Pacific Time	Weekly
Vancouver/Shahghnessy	Tuesday	10:00 – 12:00 Pacific Time	1 st and 3 rd Tuesday
White Rock	Tuesday	10:00 – 11:30 Pacific Time	Weekly
Salmon Arm	Wednesday	1:00 – 3:00 Pacific Time	Weekly



Community Coffee Gatherings

Community Coffee Gatherings	Day	Time	Frequency
Chinese Speaking Tea Gathering/Vancouver	On Hold	On Hold	On Hold
Families of Survivors Coffee Group	Wednesday	11:00 – 12:30 Pacific Time	1 st Wednesday Monthly
Vancouver Coffee Group	Monday	1:30 – 3:00 Pacific Time	2 nd and 4 th Monday

Virtual Regional Programs

Virtual Regional Programs	Day	Time	Frequency
Fraser Health Region 1	Wednesday	12:30 – 2:00 Pacific Time	Weekly
Fraser Health Region 2&3	Wednesday	2:30 – 4:00 Pacific Time	Weekly
Interior Health Region	Friday	11:00 – 12:30 Pacific Time	Weekly
Island Health Region	Tuesday	9:30 – 11:00 Pacific Time	Weekly
Northern Health Region	Thursday	1:00 – 2:30 Pacific Time	Weekly
Vancouver/Coastal Health Region 1	Tuesday	10:30 – 12:00 Pacific Time	Bi-monthly
Vancouver Coastal Health Region 2	Friday	10:00 – 11:30 Pacific Time	Weekly
BC Wide TALK	Thursday	10:00 – 11:00 Pacific Time	1 st and 3 rd Thursday
Canada Wide Musical Minds	Tuesday	3:00 – 4:30 Pacific Time	Weekly

Virtual Language Programs

Virtual Language Programs	Day	Time	Frequency
BC Wide Chinese	Thursday	11:00 – 1:00 Pacific Time	Weekly
Richmond Chinese	Monday	10:00 – 12:00 Pacific Time	Weekly
BC Wide South Asian/Punjabi	Friday	10:30 – 12:30 Pacific Time	Weekly



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

Virtual Community Programs

Virtual Community Programs	Day	Time	Frequency
Delta	Tuesday	1:30 – 3:30 Pacific Time	Weekly
White Rock	Tuesday	10:00 – 11:30 Pacific Time	Weekly

Aphasia Peer Connect Virtual Programs **BC Residents Only*

Virtual Aphasia Programs	Day	Time	Frequency
BC Wide APC	Tuesday	10:00 – 11:00 Pacific Time	Weekly
BC Wide APC	Tuesday	1:00 – 2:00 Pacific Time	Weekly
BC Wide APC	Wednesday	10:00 – 11:00 Pacific Time	Weekly
BC Wide APC	Thursday	1:00 – 2:00 Pacific Time	Weekly
BC Wide APC	Friday	1:00 – 2:00 Pacific Time	Weekly

To register for our B.C. stroke recovery programs

Email: afterstroke@marchofdimes.ca or call us: **1-888-540-6666**

We gratefully acknowledge the financial support of the Province of British Columbia

