

Elmsdale Coffee and Chat for Stroke Survivors and Caregivers



Elmsdale Library (in the Meeting Room), 15
Commerce Court, Elmsdale, NS
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Summary

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Description

Dates & Times:

Third Thursday of each month, from 2 pm - 3 pm (starting July 2026).

Location:

Elmsdale Library (in the Meeting Room), 15 Commerce Court, Elmsdale, NS

Who would benefit from this group?

Stroke survivors and caregivers in the East Hants and Colchester county areas.

Description of the group:

Elmsdale – Coffee and Chat is a peer support group, led by a volunteer team including people impacted by stroke. It provides a safe and welcoming space for members to support one another based on shared experiences of stroke. Meetings are casual gatherings where members may share resources and gain a sense of hope and community.

Register

To join the group, please attend our in-person meetings at the Elmsdale Library.

For more details, email egascoigne@marchofdimes.ca.

Language Spoken

English

Participation Format

Array