

Sauga Stroke Breakers

Mississauga Valley Community Centre located at 1275 Mississauga Valley Blvd., Mississauga, ON L5A 3R8
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<https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/sauga-stroke-breakers/>

Summary

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Description

Note: This group is not a program of March of Dimes Canada.

Dates & Times:

Programming runs weekly from 10:00 AM - 2:00 PM.

Who would benefit from this group?

Stroke survivors in Mississauga and surrounding areas.

Description of the group:

Sauga Stroke Breakers (SSB) is a City of Mississauga program designed to support stroke survivors in improving their mobility, independence, and overall well-being. Through a blend of therapeutic, recreational, and social activities, the program is tailored to meet the unique needs of each participant. Participants can enjoy a wide variety of engaging activities, including therapeutic fitness, aquatic therapy, painting, crafts, card and board games, table tennis, golf putting, speech articulation, guest speakers, outings, and more.

Sessions run weekly in 16-week blocks, and a nominal registration fee applies.

Register

For more information and to register, contact Terri Dale by phone at **905-615-4670 ext. 8282** or by email at terri.dale@mississauga.ca.

Visit the [Sauga Stroke Breakers \(SSB\) website](#) for more information.

DISCLAIMER – This group is part of the After Stroke Peer Support Network, a Canada-wide community of stroke support groups that connect, share ideas, and support each other. Together, groups in the Network work to increase and improve support for people affected by stroke across Canada.

This group is not a legal entity of March of Dimes Canada. March of Dimes Canada does not oversee this group, its activities or how it handles personal information.

March of Dimes Canada is neither responsible nor liable for any harm, injury, loss, or damages arising from participation in this group's activities. Joining or taking part in this group is completely voluntary, and individuals do so at their own discretion and risk.

Language Spoken

English