

Sauga Stroke Breakers

Mississauga Valley Community Centre located at 1275 Mississauga Valley Blvd., Mississauga, ON L5A 3R8
terri.dale@mississauga.ca
Téléphone : 905-615-4670 ext. 8282
Web :
<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 a member of the After Stroke Peer Support Network, a Canada-wide community of stroke support groups that connect, collaborate and share resources. Through the Network, groups collectively strive to expand and improve support available to people impacted by stroke across Canada.

This group operates independently of March of Dimes Canada. As such, March of Dimes Canada is not responsible for this group's activities and how it manages personal data.

Language Spoken

English