

# Stroke Recovery Association of BC – PERK Virtual Program



British Columbia

Téléphone :

Web : <https://strokerecoverybc.ca/>

## Summary

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## <b>Description</b>

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

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### Dates & Times:

Meetings are held twice a month on Thursdays from 1:00 pm - 2:30 pm.

### Who would benefit from this group?

Stroke survivors and/or their caregivers.

### Description of the group:

This program benefits people in stroke recovery that seek to improve communication, develop deeper connections and build stronger communities.

The Perk Program is holistic. It is comprised of 14 diverse activity domains (theme areas), each with specific benefits. These domains work together to engage and develop people physically, mentally, emotionally and socially.

This program is a one hour, weekly program that promotes connection with self and others on a deeper level through creative, thought-provoking activities. It brings people of different backgrounds and abilities together to express themselves, to be stimulated and to connect with others.

**Register for this program at:** <https://strokerecoverybc.ca/>

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**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

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English