

# Stroke Recovery Association of BC – TALK 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 10:00 am - 11:00 am.

### Who would benefit from this group?

Stroke survivors and/or their caregivers.

### Description of the group:

TALK (Talk, Adapt, Learn, Know) Program focuses on conversations about your life after a stroke. This is twice-monthly meeting among stroke survivors, facilitated by a counsellor.

We TALK about:

- Understanding and coping with the hidden effects of stroke.
- We learn from each other.
- We support each other.

**Register for this free 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