

# Stroke Recovery Association York Region

Inside the Welcome Centre in Richmond Hill located  
at 9325 Yonge St. #31A, Richmond Hill, ON, L4C 0A8  
info@srayr.ca

Téléphone :

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## 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 take place on the 3rd Tuesday of every month from 10:30 AM - 12:30 PM.

### **Who would benefit from this group?**

Adults (18+). Preference given to stroke survivors and people with chronic health conditions. Caregivers are welcome as well.

### **Description of the group:**

The Stroke Recovery Association of York Region (SRAYR) has been proudly serving York Region for over 30 years. SRAYR is a not-for-profit organization dedicated to supporting individuals and their families throughout their stroke journey. This group is run by volunteers who have either experienced a stroke themselves or who have been personally affected by stroke. Our volunteers create a safe place where people can share their ideas, knowledge and experience. We frequently invite guest speakers to present on topics relevant to stroke. Our goal is to help optimize recovery by supporting one another and sharing information about beneficial community resources.

[Click here to read Stroke Recovery Association of York Region's information pamphlet.](#)

### **Register**

To join the group, please email [info@sprayr.ca](mailto:info@sprayr.ca).

For more details, visit the SRAYR website at [www.sprayr.ca](http://www.sprayr.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