

# Stroke Recovery Association York Region

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

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English