Sydney – Coffee and Chat for Stroke Survivors and Caregivers

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Summary

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Description

Dates & Times:
Last Tuesday of each month, 3pm - 4pm.
Location:
Southend Community Centre (in the Gymnasium), 1464 George Street, Sydney, NS.
Who would benefit from this group?
Stroke survivors and caregivers in Sydney and surrounding areas.
Description of the group:
Sydney – Coffee and Chat is a peer support group, led by a volunteer team including people impacted by stroke. It provides a safe and welcoming space for members to support one another based on shared experiences of stroke. Meetings are casual gatherings where members may share resources and gain a sense of hope and community.
Register
To join the group, please attend our in-person meetings at Southend Community Centre.
For more details, email egascoigne@marchofdimes.ca.

Language Spoken

English

Participation Format

Array