

# Young Stroke Survivors: Wisdom Circle



Online anywhere in Canada  
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<https://www.afterstroke.ca/find-support/online-programs/#strconvo>

## Summary

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## <b>Description</b>

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This unique peer support group brings together individuals of all ages, who share the common experience of having had a stroke at a young age. Participants may benefit from emotional support, practical guidance, and valuable resources related to the unique challenges faced by young stroke survivors. This group provides participants with the opportunity to mutually benefit from intergenerational relationships, sharing of life experiences, and learning about resources that have proven to be helpful.

### Dates & Times

#### First Thursday of every month

##### Local Times

12:30 p.m. – 2:00 p.m. PT  
1:30 p.m. – 3:00 p.m. MT  
2:30 p.m. – 4:00 p.m. CT  
3:30 p.m. – 5:00 p.m. ET  
4:30 p.m. – 6:00 p.m. AT  
5:00 p.m. – 6:30 p.m. NT

#### Third Thursday of every month

##### Local Times:

4:00 p.m. – 5:30 p.m. PT  
5:00 p.m. – 6:30 p.m. MT  
6:00 p.m. – 7:30 p.m. CT  
7:00 p.m. – 8:30 p.m. ET  
8:00 p.m. – 9:30 p.m. AT  
8:30 p.m. – 10:00 p.m. NT

## Language Spoken

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English

## Participation Format

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Array