

## After Stroke Virtual Activities

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March of Dimes Canada offers several After Stroke online programs to connect you with resources, tools, and a community of people who understand what you are going through. Our sessions are free of charge and open to both stroke survivors and/or caregivers. We also offer one-one-one peer support and fun activities too!

**Contact our Warmline at 1-888-540-6666 or [afterstroke@marchofdimes.ca](mailto:afterstroke@marchofdimes.ca) today!**

<b>After Stroke Weekly Events -Visit our website at <a href="http://marchofdimes.ca">marchofdimes.ca</a>                      Click on *NEW Online Virtual Programs for more information and to register for an event</b>			
Weekday	Program	Time	Description
Monday's	Aphasia Peer Connect (National)	2:00 - 3:00 p.m.	Aphasia Peer Connect is a peer social group for people with aphasia and other communication disabilities. It is a safe and comfortable environment where you can meet new people, have conversations and have fun!
Tuesday's	After Stroke Community Conversation	1:00 – 2:30 p.m.	Join survivors and caregivers from all over Canada to meet, share knowledge and resources.
Thursday's	Caregiver Connection:	2:00 - 3:00 p.m.	Join our community of caregivers to talk about the challenges and rewards of caregiving. These guided discussions offer a chance to share experiences and information, or just talk, in a supportive space.
	Aphasia Peer Connect (National)	2:00 – 3:00 p.m.	Aphasia Peer Connect is a peer social group for people with aphasia and other communication disabilities. It is a safe and comfortable environment where you can meet new people, have conversations and have fun!

**We look forward to welcoming you to our After Stroke Community!**