

# Caregivers of Stroke Survivors

Online anywhere in Canada  
afterstroke@marchofdimes.ca  
Phone : 1-888-540-6666  
Web :  
<https://www.afterstroke.ca/find-support/online-programs/#strconvo>



## Summary

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## Description

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Are you a caregiver of stroke survivor looking to connect with other caregivers of stroke survivors? This group offers a safe and welcoming environment where you can connect with others to share experiences, offer advice, and receive emotional support. The group discusses coping strategies, shares resources, and fosters a sense of connection and resilience. The group comes together to connect and navigate the challenges and celebrate the triumphs of caregiving together.

### Dates & Times

#### Second Tuesday of every month

##### Local Times:

3:00 p.m. – 4:00 p.m. PT  
4:00 p.m. – 5:00 p.m. MT  
5:00 p.m. – 6:00 p.m. CT  
6:00 p.m. – 7:00 p.m. ET  
7:00 p.m. – 8:00 p.m. AT  
7:30 p.m. – 8:30 p.m. NT

#### Fourth Tuesday of every month

##### Local Times:

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

## Language Spoken

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English