

# Life Partners 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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This group offers a safe and supportive space for life partners of stroke survivors to candidly discuss the day-to-day challenges and triumphs of sharing life with a loved one recovering from the effects of stroke. Participants can benefit from understanding, encouragement, resources, and practical strategies for navigating this unique experience. Together, we can build resilience, foster hope, and enhance our relationships as we support our partners on their recovery journey.

### Dates & Times

**First and third Wednesday 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

## Participation Format

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