

## Oshawa After Stroke Group

Oshawa, Ontario (Map locations are approximate)

afterstroke@marchofdimes.ca

Phone : 1-888-540-6666

Web :

[https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew\\_OpyuNE5altumgvX6BAp94QrEOsMwVUNEfHVUNTn0FWMjFaQzYxVdhZRjEYUfJRUY4u](https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5altumgvX6BAp94QrEOsMwVUNEfHVUNTn0FWMjFaQzYxVdhZRjEYUfJRUY4u)



## Summary

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Published : Feb 13, 2025

## Description

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### Dates & Times:

1st Tuesday of the month at 11:00 am - 1:00 pm (Online only from January - March).

Starting in April the 1st Tuesday will be in person and online and the 3rd Tuesday will be Online only.

### Who would benefit from this group?

Anyone in Durham Region who has been impacted by stroke.

### Description of the group:

The Oshawa Stroke Group helps to connect people with the shared experience of stroke and the common goal to become the best we can be. We aim to provide participants with a supportive community and sense of hope so they can live their lives with purpose. The group meets every other week, one of which is a hybrid format that allows us to meet in person and on Zoon at the same time. We also organize outings that inspire participants to get out of the home and to "play" with others impacted by stroke - including survivors, caregivers, friends and family members. The group is coordinated and hosted by dedicated volunteers – Joan, Egon, Judy and Don – a mighty group of stroke survivors and a caregiver! Meetings typically follow a structured agenda, balanced with fun games, thought of the day, question period, word recall and popup subjects.

## Language Spoken

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English

## Participation Format

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