

## Ottawa Stroke Support Group

Ottawa, Ontario (Map locations are approximate)

afterstroke@marchofdimes.ca

Phone : 1-888-540-6666

Web :

[https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew\\_OpyuNE5altumgvX6BAp94QrEOsMwVUNEfHVUNTn0fWmJfFaQzYxvDhZRjEYUfJRUY4u](https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5altumgvX6BAp94QrEOsMwVUNEfHVUNTn0fWmJfFaQzYxvDhZRjEYUfJRUY4u)



## Summary

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## Description

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### **Dates & Times:**

The last Tuesday of each month, from 1:00 pm - 2:30 pm.

### **Who would benefit from this group?**

Anyone living in Ottawa and surrounding areas who has been impacted by stroke.

### **Description of the group:**

This peer support group, led by a volunteer team including people impacted by stroke, provides a safe and welcoming space for members to support one another based on shared experiences of stroke. Meetings are casual gatherings where members may share resources and gain a sense of hope and community.

## Language Spoken

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English

## Participation Format

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Array