

# Stroke Community Conversation

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



## Summary

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Published : Feb 13, 2025

## Description

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Our Stroke Community Conversations groups provide support, understanding, and encouragement for any individual impacted by stroke at any age. Through regular meetings, we offer a safe space to share experiences, discuss challenges, and celebrate milestones with others on a similar path. Discussions cover a wide range of topics based on the experiences and needs of participants present in each meeting. Together, participants of this group face the challenges of recovery, and create a supportive community of strength and inspiration.

### Dates & Times

**Tuesdays:** First and third Tuesday of each month

#### Local Times

10 a.m. – 11:30 a.m. PT

11 a.m. – 12:30 p.m. MT

12 noon – 1:30 p.m. CT

1 p.m. – 2:30 p.m. ET

2 p.m. – 3:30 p.m. AT

2:30 p.m. – 4:00 p.m. NT

**Wednesdays:** Last Wednesday of each month

#### Local Times:

3 p.m. – 4 p.m. PT

4 p.m. – 5 p.m. MT

5 p.m. – 6 p.m. CT

6 p.m. – 7 p.m. ET

7 p.m. – 8 p.m. AT

7:30 p.m. – 8:30 p.m. NT

**Thursdays:** Second and fourth Thursday of each month

#### Local Times:

5 p.m. – 6 a.m. PT

6 p.m. – 7 p.m. MT

7 p.m. – 8 p.m. CT

8 p.m. – 9 p.m. ET

9 p.m. – 10 p.m. AT

9:30 p.m. – 10:30 p.m. NT

## Language Spoken

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English