# Stroke Recovery Association of BC – Maple Ridge

Maple Ridge, British Columbia

Phone :
Web : https://strokerecoverybc.ca/

**Summary**

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Published : Oct 24, 2025

**Description**

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Note: This group is not a program of March of Dimes Canada.

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**Dates & Times:**
Meetings are held on Fridays from 10:00 am - 12:00 pm.
**Who would benefit from this group?**
Stroke survivors and/or their caregivers.
**Description of the group:**
This in-person weekly stroke recovery program provides an opportunity to connect with fellow stroke survivors locally to find support, companionship, share stories and learn from one another in a supportive environment.

We cover the 7 Steps of Stroke Recovery for our programs. For each program, they include components such as:
• Connection and peer support with other stroke survivors for emotional support and advice
• Caregiver connection groups for guidance and respite
• Speech maintenance & communication support
• Exercise classes & physiotherapy-led activities
• Education, social events, and ongoing support for our participants and their partners or caregivers
**Register for this free program at:** https://strokerecoverybc.ca/

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**DISCLAIMER** – This group is a member of the After Stroke Peer Support Network, a Canada-wide community of stroke support groups that connect, collaborate and share resources. Through the Network, groups collectively strive to expand and improve support available to people impacted by stroke across Canada.

This group operates independently of March of Dimes Canada. As such, March of Dimes Canada is not responsible for this group's activities and how it manages personal data.

**Language Spoken**

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English