

# Stroke Recovery Association of BC – Musical Minds Virtual Social Program



British Columbia

Phone :

Web : <https://strokerecoverybc.ca/>

## Summary

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## 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 Tuesdays from 3:00 pm - 4:30 pm.

### Who would benefit from this group?

Stroke survivors and/or their caregivers.

### Description of the group:

Musical Minds is a weekly program that offers social connection with music for your stroke recovery journey. Music has been scientifically provide to aid stroke recovery by improving speech, motor functions like walking, and cognitive skills, and by boosting mood.

Activities include Music Trivia, Music Bingo, Music Match and Music Requests. These techniques uses familiar songs and listening to a wide variety of music, which has been shown to stimulate neural pathways and improve memory and attention.

**Register for this free program at:** <https://strokerecoverybc.ca/>

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**DISCLAIMER** – This group is part of the After Stroke Peer Support Network, a Canada-wide community of stroke support groups that connect, share ideas, and support each other. Together, groups in the Network work to increase and improve support for people affected by stroke across Canada.

This group is not a legal entity of March of Dimes Canada. March of Dimes Canada does not oversee this group, its activities or how it handles personal information.

March of Dimes Canada is neither responsible nor liable for any harm, injury, loss, or damages arising from participation in this group's activities. Joining or taking part in this group is completely voluntary, and individuals do so at their own discretion and risk.

## Language Spoken

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English