Stroke Recovery Association of BC – PERK Virtual Program

British Columbia

Phone:

Web: https://strokerecoverybc.ca/

Summary

Published: Oct 24, 2025

Description

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

Dates & Times:

Meetings are held twice a month on Thursdays from 1:00 pm - 2:30 pm.

Who would benefit from this group?

Stroke survivors and/or their caregivers.

Description of the group:

This program benefits people in stroke recovery that seek to improve communication, develop deeper connections and build stronger communities.

The Perk Program is holistic. It is comprised of 14 diverse activity domains (theme areas), each with specific benefits. These domains work together to engage and develop people physically, mentally, emotionally and socially.

This program is a one hour, weekly program that promotes connection with self and others on a deeper level through creative, thought-provoking activities. It brings people of different backgrounds and abilities together to express themselves, to be stimulated and to connect with others.

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

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.

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