# Stroke Recovery Association of BC – Vancouver-Shaughnessy

Vancouver /Shaughnessy, 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 on Tuesdays 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 program at:** https://strokerecoverybc.ca/

**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**

English

## Participation Format

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