

## Survivors of Stroke (SOS) Niagara

Niagara Region, Ontario (Map locations are approximate)

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[https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew\\_OpyuNE5altumgvX6BAp94QrEOsMwVUNEfHVUNTn0FWMjFaQzYxVDhZRjEYUfJRUY4u](https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5altumgvX6BAp94QrEOsMwVUNEfHVUNTn0FWMjFaQzYxVDhZRjEYUfJRUY4u)



## Summary

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## Description

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### Dates & Times:

Second Wednesday of each month, from 7 pm - 9 pm.

### Who would benefit from this group?

Anyone living in Niagara and surrounding areas who has been impacted by stroke.

### Description of the group:

Survivors of Stroke Niagara is a peer support group for stroke survivors and their caregivers and families. It is led by volunteers with lived experience and provides a safe and welcoming space for members to support one another. Meetings are two-hour casual gatherings where members can share resources and gain a sense of hope and community. There is no fee to attend. Guest speakers are often part of the first hour, providing information on a variety of topics (i.e., return to driving, aphasia, psychotherapy, nutrition and exercise, etc.). During the second hour, stroke survivors and caregivers separate into two groups – each in a separate room so they can openly share thoughts and feelings and provide support. Social activities are organized throughout the year. In the past, activities have included an annual BBQ, floral workshop, paint night, annual Christmas social, trip to the Niagara Falls Butterfly Conservatory and dinner theatres.

## Language Spoken

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English