

# Young Adults Living with Stroke

Online anywhere in Canada  
afterstroke@marchofdimes.ca  
Phone : 1-888-540-6666  
Web :  
<https://www.afterstroke.ca/find-support/online-programs/#strconvo>



## Summary

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## Description

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As a young adult (18-40 years of age) who has experienced a stroke, you may have questions about navigating recovery while completing education, finding employment, managing relationships, or raising a young family – or perhaps to talk about feelings of missing out on these life events. The Young Adults Living with Stroke group can offer you the opportunity to meet others who are recovering from stroke early in their adult lives and to share stories, discuss challenges, and celebrate successes. This group can offer you a sense of community and belonging as you move forward on your stroke recovery journey.

### Dates & Times

**Second Wednesday of every month**

#### Local Times:

12 noon – 1:00 p.m. PT  
1:00 p.m. – 2:00 p.m. MT  
2:00 p.m. – 3:00 p.m. CT  
3:00 p.m. – 4:00 p.m. ET  
4:00 p.m. – 5:00 p.m. AT  
4:30 p.m. – 5:30 p.m. NT

## Language Spoken

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English