



# MARCH OF DIMES CANADA – AFTER STROKE

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Virtual Programs & Services

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# AFTER STROKE

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# ASK AN EXPERT

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- Information, inspiration, and resources for stroke recovery, presented by professionals once a month on a Monday.
- Upcoming sessions 1 – 2 pm (topics and dates subject to change)
  - March 15<sup>th</sup>: Mindfulness and Stress Reduction
  - April 19<sup>th</sup>: When the Blues Don't Go Away
  - May 17<sup>th</sup>: Pilates and Stroke Recovery
  - June 21<sup>st</sup>: Healthy Eating, Healthy Minds
  - July 19<sup>th</sup>: Thriving, Not Just Surviving (2 hour session)
  - August 16<sup>th</sup>: Vision and Hearing

# VIRTUAL AFTER STROKE PEER SUPPORT

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- Branch of our Peers Fostering Hope program
- 1 on 1 connections with a volunteer stroke survivor or caregiver
- Connect an individual who has been affected by a stroke to a volunteer to allow them to speak to someone who has been through the journey they are currently going through
- Conversation can take place over Zoom or over the phone
- MODC staff will arrange date & time of connection
- Scheduled at convenient time for both

# NEW VIRTUAL VOLUNTEER PROGRAMS

GOALS: REDUCE SOCIAL ISOLATION; IMPROVE ACCESS TO PROGRAMS

## Connect and Share

**Virtual Volunteers  
for one-on-one  
Social Connections**

## Hi, Tech!

**Virtual Volunteers for one-  
on-one Tech Support**

# AFTER STROKE STROKE SURVIVOR VIRTUAL PROGRAM SCHEDULE (E.S.T.)

Monday	Tuesday	Wednesday	Thursday		Friday
Aphasia Peer Connect (National) 2:00 – 3:00 p.m.	Chair Exercise for Stroke Recovery 12:00 – 1:00 p.m.	Aphasia Peer Connect (Peterborough) 11:00 a.m. – 12:00 p.m.	Virtual Music Program 12:00 – 1:00 p.m.	Aphasia Peer Connect (National) 2:00 – 3:00 p.m.	Virtual Stroke Recovery Program 4:00 – 6:30 p.m.
Caregiver Webinars 2:00 – 3:00 p.m.	After Stroke Community Conversation 1:00 – 2:30 p.m.	PERK Activities 1:30 – 2:00 p.m.	Chair Exercise for Stroke Recovery 12:00 – 1:00 p.m.	Caregiver Connections 2:00 – 3:00 p.m.	
	Musical Minds 6:00 – 7:00 p.m.	Virtual Stroke Recovery Program 4:00 – 6:30 p.m.	TALK Support Group (Bi-Weekly) 1:00 – 2:00 p.m.	Young Stroke Survivors (Bi-Weekly) 4:00 – 6:30 p.m.	

# FOR MORE INFORMATION

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- For more information on any of the programs mentioned today please contact:

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