



After Stroke Virtual Activities

March of Dimes Canada offers several After Stroke online programs to connect you with resources, tools and a community of people who understand what you are going through. Our sessions are free of charge and open to stroke survivors and caregivers.

For more information on these programs, visit our website at www.afterstroke.ca and click on [Events](#).

After Stroke Weekly Events		
Weekday	Program	Time (in EST)
Mondays	<p>Aphasia Peer Connect (National Session)</p> <p>Join people living with aphasia and other communication disorders for this peer social group. An opportunity to meet new people and stay connected.</p>	2:00 – 3:00 p.m.
	<p>Caregiver Webinars</p> <p>Funded by The Trillium Foundation, our speaker webinars bring together professionals and caregiving experts to share their knowledge on relevant topics. From advocacy to communication, our webinars offer a quick, convenient way access to information you can use every day. Details on upcoming sessions can be found below.</p>	2:00 – 3:00 p.m.
Tuesdays	<p>Chair Exercises for Stroke Recovery</p> <p>Led by a certified fitness trainer. You need a chair that does not move and does not have armrests (or a wheelchair with the brakes on and armrests removed), room to stretch out your arms and legs, water and a pillow.</p>	12:00 – 1:00 p.m.

	<p style="text-align: center;">After Stroke Community Conversation</p> <p>Join survivors and caregivers from all over Canada to meet and share knowledge and resources.</p>	1:00 – 2:30 p.m.
	<p style="text-align: center;">Musical Minds</p> <p>Join for music trivia, music bingo, a karaoke sing-along and more.</p>	6:00 – 7:00 p.m.
Wednesdays	<p>Aphasia Peer Connect (Peterborough, Ontario Region)</p> <p>Join people from Peterborough, Ontario, living with aphasia and other communication disorders for this peer social group. An opportunity to meet people and stay connected.</p>	11:00 a.m. – 12:00 p.m.
	<p style="text-align: center;">PERK Activities</p> <p>PERK is a program that aims to help people stay mentally sharp while enjoying group camaraderie.</p>	1:30 – 2:00 p.m.
	<p style="text-align: center;">Virtual Stroke Recovery Program</p> <p>Connect with others, complete brain exercises, have a discussion on a topic, and take part in a chair exercise session.</p>	4:00 – 6:30 p.m.
Thursdays	<p style="text-align: center;">Virtual Music Program for Survivors of Stroke and Caregivers</p> <p>Join music therapist Erin Stacknick for breathing and vocal exercises, singing and gentle movement. No music experience required!</p>	11:00 a.m. – 12:00 p.m.
	<p style="text-align: center;">Chair Exercises for Stroke Recovery</p> <p>Led by a certified fitness trainer. You need a chair that does not move and does not have armrests (or a wheelchair with the brakes on and armrests removed), room to stretch out your arms and legs, water, and a pillow.</p>	12:00 – 1:00 p.m.
	<p style="text-align: center;">TALK Support Group</p> <p>A counsellor- facilitated meeting among stroke survivors, for conversations about your life after stroke.</p>	1:00 – 2:00 p.m. *Every other week*

	<p style="text-align: center;">Aphasia Peer Connect (National Session)</p> <p>Join people living with aphasia and other communication disorders for this peer social group. An opportunity to meet new people and stay connected.</p>	2:00 – 3:00 p.m.
	<p style="text-align: center;">Caregiver Connections</p> <p>Join our community of caregivers to talk about the challenges and rewards of caregiving. These guided discussions offer a chance to share experiences and information, or just talk, in a supportive space. Details on upcoming sessions can be found below.</p>	2:00 – 3:00 p.m.
	<p style="text-align: center;">Young Stroke Survivors</p> <p>A counsellor- facilitated meeting among working-age stroke survivors.</p>	8:00 – 9:00 p.m. *Every other week*
Fridays	<p style="text-align: center;">Virtual Stroke Recovery Program</p> <p>Connect with others, complete brain exercises, have a discussion on a topic, and take part in a chair exercise session.</p>	4:00 – 6:30 p.m.

Aphasia Peer Connect

Aphasia Peer Connect is a peer social group for people living with aphasia and other communication disabilities that takes place online weekly for one hour.

Get together and connect with other people who have communication challenges. Our staff and volunteers will provide a safe and comfortable environment where you can:

- Meet new people
- Have conversations
- Have fun!

Ask an Expert

Information, inspiration, and resources for stroke recovery, presented by professionals once a month on a Monday. Topics are timely and relevant during this pandemic. These interactive sessions only need you to bring your curiosity and questions.

Upcoming sessions 1 – 2 pm (topics and dates subject to change)

- March 15th: Mindfulness and Stress Reduction

- April 19th: When the Blues Don't Go Away
- May 17th: Pilates and Stroke Recovery
- June 21st: Healthy Eating, Healthy Minds
- July 19th: Thriving, Not Just Surviving (2-hour session)
- August 16th: Vision and Hearing

Connect & Share Per Request

Make a new buddy through our Connect & Share program!

Wouldn't it be wonderful to visit with someone regularly who shares your interests? Our new virtual **Connect & Share** program was designed to make that happen. If you have a disability and are 18 years or older, you are eligible to be matched with a "virtual buddy" who is volunteering their time because they want a new buddy too.

For now, with physical distancing in place because of the pandemic, we are offering a virtual version of this program, which means you won't visit in person. Instead, you will visit by phone or online.

Hi, Tech! Per Request

Let's get you connected through our new tech support program!

If you have a disability and are 18 years of age or older, you are eligible to be matched with a tech support coach who is volunteering their time. Your coach will answer your technology questions and set you up. Over the phone or using a technology that you already use; your tech support coach will book a time with you and get you connected and comfortable. You won't be meeting in person because that's the safest way to connect during the pandemic. Your virtual visits will take about 30 to 60 minutes per call. You might need just one call or a few calls to learn what you want to learn.

Virtual After Stroke Peer Support for Stroke Survivors and Caregivers

No one understands quite like somebody who has lived the same experience. Our Peer Support program pairs stroke survivors and caregivers with peers who are also experience and can offer practical advice and support by phone or a video chat. Contact us for more information or to get connected.

If you have any questions or would like to register for a program, contact:

Name: Laura Tomkins

E-mail: ltomkins@marchofdimes.ca

Phone: 416-525-3687

We look forward to welcoming you to our After Stroke Community!

Updates & Reminders

- Many of our events will be locked 15 minutes after their scheduled start time, please try to connect on time. If you need assistance please contact the meeting's host, found on the [After Stroke website](#)