



## 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](http://www.afterstroke.ca), reach out to your local After Stroke Coordinator or contact us [HERE!](#)

After Stroke Weekly Events		
Weekday	Program	Time (in EST)
Mondays	<b>Aphasia Peer Connect</b>  An inclusive and communicatively accessible virtual environment where adults with aphasia feel safe, comfortable and confident to participate in meaningful conversation. Register <a href="#">here</a> .	2:00 – 3:00 p.m.
	<b>PERK Activities (WAITLIST)</b>  PERK is a program that aims to help people stay mentally sharp while enjoying group camaraderie. It uses imagination, concentration, memory, brainstorming and social interaction. Register <a href="#">here</a> .	3:45 – 5:00 p.m.
Tuesdays	<b>Aphasia Peer Connect</b>  An inclusive and communicatively accessible virtual environment where adults with aphasia feel safe, comfortable and confident to participate in meaningful conversation. Register <a href="#">here</a> .	11:00 a.m. – 12:00 p.m.

	<p>Chair Exercises for Stroke Recovery (Cardio- Focus)</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. Register <a href="#">here</a>.</p>	12:00 – 1:00 p.m.
	<p>After Stroke Community Conversation</p> <p>Connect with stroke survivors and caregivers across Canada! Our virtual community provides a safe space where you can share knowledge, resources, challenges, and triumphs, and remember that you're not alone. Open discussion for people to ask questions and talk about shared experiences with guest speakers on some weeks. Register <a href="#">here</a>.</p>	1:00 – 2:30 p.m.
	<p>Musical Minds</p> <p>Join for music trivia, music bingo, a karaoke sing-along and more. Register <a href="#">here</a>.</p>	6:00 – 7:00 p.m.
Wednesdays	<p>Aphasia Peer Connect</p> <p>An inclusive and communicatively accessible virtual environment where adults with aphasia feel safe, comfortable and confident to participate in meaningful conversation. Register <a href="#">here</a>.</p>	1:00 – 2:00 p.m.
	<p>PERK Activities (WAITLIST)</p> <p>PERK activities are fun, trigger all your senses, and are different from what you used to doing. It uses imagination, concentration, creativity, memory, brainstorming and social interaction. This program is a great fit for participants that enjoy meeting others, and learning new things. Register <a href="#">here</a>.</p>	2:00 – 3:00 p.m.
	<p>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. Register <a href="#">here</a>.</p>	4:00 – 6:30 p.m.

Thursdays	<p>Chair Exercises for Stroke Recovery (Strength and Mobility Focus)</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. Register <a href="#">here</a>.</p>	12:00 – 1:00 p.m.
	<p>TALK Support Group</p> <p>A counsellor- facilitated meeting among stroke survivors, for conversations about your life after stroke. Register <a href="#">here</a>.</p>	1:00 – 2:00 p.m.  *Every other week*
	<p>Aphasia Peer Connect</p> <p>An inclusive and communicatively accessible virtual environment where adults with aphasia feel safe, comfortable and confident to participant in meaningful conversation. Register <a href="#">here</a>.</p>	2:00 – 3:00 p.m.
	<p>Caregiver Conversations</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. Register <a href="#">HERE</a>.</p>	2:00 – 3:00 p.m.
	<p>Young Stroke Survivors</p> <p>This counsellor-facilitated virtual group is for working-age stroke survivors who would like to connect with peers for discussion, sharing resources and support. There’s no set agenda — you bring the topics you want to discuss. Register <a href="#">here</a>.</p>	8:00 – 9:00 p.m.  *Every other week*
Fridays	<p>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. Register <a href="#">here</a>.</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!

Click [here](#) to register!

## **Connect & Share**

Good company is just a click away! Wouldn't it be wonderful to meet someone new and feel the pleasure of talking with someone who is truly interested in you? We've got a new program that can make that happen! People are feeling lonelier right now because of COVID-19 keeping so many people away from their families and friends as we all try to stay safe. Being lonely isn't good for your mental health – and it can even damage your physical health if you end up feeling depressed. That's why we've created Connect & Share. Here's how it works: We match you with a volunteer who shares your interests. That person becomes your "virtual" buddy who will visit with you – just for the fun of it. You can have phone visits, or you can have online calls using a platform like Zoom, so you will be safe from COVID-19. Your virtual visits last about 30 to 60 minutes per call. You can expect to have a call with your buddy at least once a month or more often – as much as you and your buddy would like. Contact us for more information.

## **Hi, Tech! Per Request**

Do you wish you knew more about how to use technology to connect with family and friends? The Hi, Tech! program is here to help. With our volunteers by your (virtual) side, you will gain the confidence to use some of the latest video conference software out there. Let's get you connected today! Register [here](#).

## **Rehabilitation - Conductive Education® Virtual Programs**

We understand the support provided by our programs has never been more important. Conductive Education's virtual programs deliver specialised rehabilitation sessions that provide support for adults and children with neurological motor, acquired and progressive movement disorders. Weekly Monday to Friday, schedule sent by email. If you would like more information about attending our virtual Conductive Education programs, please email [ce@marchofdimes.ca](mailto:ce@marchofdimes.ca).

## **Virtual After Stroke 1 on 1 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 can offer practical advice and support by phone or video chat. Contact us for more information.

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

**Name:** Laura Tomkins

**E-mail:** [ltomkins@marchofdimes.ca](mailto:ltomkins@marchofdimes.ca)

**Phone:** 416-525-3687

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