



# MARCH OF DIMES CANADA – AFTER STROKE

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Virtual Programs & Services

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# AFTER STROKE

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

Monday	Tuesday	Wednesday	Thursday	Friday		
Aphasia Peer Connect 11:00 – 12:00 p.m.	Aphasia Peer Connect 11:00 a.m. – 12:00 p.m.	After Stroke Community Conversation 1:00 – 2:30 p.m.	Aphasia Peer Connect 1:00 – 2:00 p.m.	Chair Exercise for Stroke Recovery 12:00 – 1:00 p.m.	Caregiver Conversations 2:00 – 3:00 p.m.	Virtual Stroke Recovery Program 4:00 – 6:30 p.m.
PERK Activities 12:45 – 1:00 p.m.	Chair Exercises for Stroke Recovery 12:00 – 1:00 p.m.	Musical Minds 6:00 – 7:00 p.m.	PERK Activities 2:00 – 3:00 p.m.	TALK Support Group (Bi-Weekly) 1:00 – 2:00 p.m.	Young Stroke Survivors (Bi-Weekly) 4:00 – 6:30 p.m.	
			Virtual Stroke Recovery Program 4:00 – 6:30 p.m.	Aphasia Peer Connect 2:00 – 3:00 p.m.		

# WEEKLY AFTER STROKE VIRTUAL PROGRAMS- MONDAYS

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- Aphasia Peer Connect: 2 - 3 pm (also Tuesdays, Wednesdays and Thursdays)
  - An inclusive and communicatively accessible virtual environment where adults with aphasia feel safe, comfortable and confident to participant in meaningful conversation.
- PERK Activities (WAITLIST) (also Wednesdays)
  - 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.

# WEEKLY AFTER STROKE VIRTUAL PROGRAMS- TUESDAYS

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- Aphasia Peer Connect: 2 - 3 pm (also Mondays, Wednesdays and Thursdays)
  - An inclusive and communicatively accessible virtual environment where adults with aphasia feel safe, comfortable and confident to participate in meaningful conversation.
- Chair Exercise for Stroke Recovery (Cardio Focus): 12 - 1 pm (also Thursdays)
  - One-hour chair exercise session led by a certified fitness trainer.

# WEEKLY AFTER STROKE VIRTUAL PROGRAMS- TUESDAYS

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- After Stroke Community Conversation: 1 – 2:30 pm
  - 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.
  
- Musical Minds: 6 - 7 pm
  - Join for music trivia, music bingo, a karaoke sing-along and more.

# WEEKLY AFTER STROKE VIRTUAL PROGRAMS- WEDNESDAYS

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- Aphasia Peer Connect: 1 - 2 pm (also Mondays, Tuesdays and Thursdays)
  - An inclusive and communicatively accessible virtual environment where adults with aphasia feel safe, comfortable and confident to participate in meaningful conversation.
- PERK Activities: 2 -3 pm (WAITLIST) (also Mondays)
  - 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.
- Virtual Stroke Recovery Program: 4– 630 pm (also Fridays)
  - Connect with others, complete brain exercises, have a discussion on a topic, and take part in a chair exercise session.

# WEEKLY AFTER STROKE VIRTUAL PROGRAMS- THURSDAYS

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- Chair Exercise for Stroke Recovery (Strength and Mobility Focus): 12 - 1 pm (also Tuesdays)
  - One-hour chair exercise session led by a certified fitness trainer.
- TALK Support Group: 1 - 2 pm (every other Thursday)
  - A counsellor- facilitated meeting among stroke survivors, for conversations about your life after stroke.



# WEEKLY AFTER STROKE VIRTUAL PROGRAMS- THURSDAYS

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- Aphasia Peer Connect: 1 - 2 pm (also Mondays, Tuesdays and Wednesdays)
  - An inclusive and communicatively accessible virtual environment where adults with aphasia feel safe, comfortable and confident to participate in meaningful conversation.
- Caregiver Conversations: 2 - 3 pm
  - 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.
- Young Stroke Survivors: 8 – 9 pm (Bi-weekly)
  - 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.

# WEEKLY AFTER STROKE VIRTUAL PROGRAMS- FRIDAYS

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- Virtual Stroke Recovery Program: 4– 630 pm (also Wednesdays)
  - Connect with others, complete brain exercises, have a discussion on a topic, and take part in a chair exercise session.

# 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)
  - October 18<sup>th</sup>: Healthy Eating for Optimal Blood Sugar and Blood Pressure Control
  - November 15<sup>th</sup>: Incontinence
  - December 20<sup>th</sup>: Botox for Spasticity

# VIRTUAL AFTER STROKE PEER SUPPORT

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- Branch of our Hospital Visitation 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**

# Hi, Tech! and Connect and Share

These programs will match friendly volunteers with our participants who are – adults with disabilities, stroke survivors and care partners – for virtual support, either to solve their problems with understanding, accessing and using technology, or to provide a friendly visit and reduce isolation.

# FOR MORE INFORMATION

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

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