



Stroke Recovery BC provides in-person and virtual programs to those affected by stroke throughout every stage of recovery. Our programs are designed to help with:

- **Skill Development:** re-learn and practice skills that will help in your day-to-day life.
- **Peer Support:** connect with other individuals who have been impacted by stroke for emotional support, firsthand advice, and the ability to talk through your experience.
- **Exercise and Movement:** Improve your physical function, strength, balance and energy levels with light exercises, stretches and movement.
- **Speech and Communication:** practice improving your speech and communication skills in a safe and welcome environment led by skilled Program Instructors and Volunteer Leads.
- **Education and Resources:** learn practical and important information about stroke and secondary prevention. Also, local resources that are available.

Participation Fee: 2 Free Trial Classes, then \$50/year *(for unlimited programs)*

Community In-Person Programs

Community In-Person Meetings	Day	Time (Pacific Time)	Frequency
Castlegar	Wednesdays	11:00 am – 12:30 pm	Weekly
Chilliwack	Wednesdays	2:30 pm – 4:30 pm	Weekly
Comox	Wednesdays	9:30 am – 11:30 am	Weekly
Coquitlam	Fridays	10:00 am – 2:00 pm	Weekly
Kamloops	Wednesdays	10:00 am – 12:00 pm	Weekly
Kelowna	Thursdays	11:30 am – 1:30 pm	Weekly
Langford (NEW!)	Wednesdays	1:00 pm – 3:00 pm	Weekly
Maple Ridge	Fridays	10:00 am – 12:00 pm	Weekly
Nanaimo	Fridays	11:00 am – 1:00 pm	Weekly
Nelson	Fridays	10:00 am – 12:00 pm	Weekly
Powell River (NEW!)	Tuesdays	9:30 am – 11:30 am	Weekly
Prince George	Tuesdays	1:00 pm – 3:00 pm	Weekly
Richmond	Fridays	10:00 am – 12:00 pm	Weekly
Salmon Arm	Wednesdays	1:30 pm – 3:30 pm	Weekly
Surrey	Saturdays	10:30 am – 12:30 pm	Weekly
Vancouver	Tuesdays	10:00 am – 12:00 pm	Weekly
Vancouver (Peer Social)	Mondays	1:00 pm – 2:00 pm	2x/month
White Rock	Tuesdays	2:30 pm – 4:00 pm	Weekly

REGISTER AT www.StrokeRecoveryBC.ca

Stroke Recovery BC is a non-profit organization that has been providing programs, advocacy and education to stroke survivors and family members since 1979.

Virtual Regional + Social Connection Programs

Virtual Regional Programs	Day	Time (Pacific Time)	Frequency
Fraser Health Region	Wednesdays	1:00 pm – 2:30 pm	Weekly
Vancouver Island Health Region	Tuesdays	9:30 am – 11:30 am	Weekly
Northern + Interior Health Regions	Thursdays	1:00 pm – 3:00 pm	Weekly
Vancouver Coastal Health Region	Fridays	10:00 am – 12:00 pm	2x/month
White Rock Region	Tuesdays	10:00 am – 11:30 am	Weekly
TALK	Thursdays	10:00 am – 11:00 am	2x/month
PERK Program	Thursdays	2:00 pm – 3:00 pm	2x/month
Musical Minds	Tuesdays	3:00 pm – 4:30 pm	Weekly

Virtual Language Programs

Virtual Language Programs	Day	Time	Frequency
Chinese (<i>Cantonese/Mandarin</i>)	Wednesdays	11:00 am – 1:00 pm	Weekly
South Asian (<i>Punjabi/Hindi</i>)	Fridays	9:00 am – 11:00 am	Weekly

Aphasia Peer Connect Virtual Programs

Virtual Aphasia Programs	Day	Time	Frequency
Aphasia Peer Connect	Tuesdays	10:00 – 11:00 Pacific Time	Weekly
Aphasia Peer Connect	Tuesdays	1:00 – 2:00 Pacific Time	Weekly
Aphasia Friends Connect	Tuesdays	1:00 – 2:00 Pacific Time	Weekly
Aphasia Peer Connect	Wednesdays	10:00 – 11:00 Pacific Time	Weekly
Aphasia Peer Connect	Thursdays	1:00 – 2:00 Pacific Time	Weekly
Aphasia Peer Connect	Fridays	1:00 – 2:00 Pacific Time	Weekly



Our vision and mission are to support stroke survivors on their road to recovery. Our programs allow you to connect with other stroke survivors and caregivers for emotional support, firsthand advice, and friendship.

Each year, we help over 2300 stroke survivors, their families and care-partners through our in-person and virtual programs so every stroke survivor can move through recovery with hope and support to lead a full and rewarding life.

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