

 Online Peer Support Groups				
Focus	Program Name	Day	Time	Frequency
Peer Support	Stroke Community Conversations	Tuesday	12:00 - 1:30 pm CT 1:00 - 2:30 pm ET	1 st & 3 rd Tuesday of each month
Peer Support	Stroke Community Conversations	Wednesday	5:00 - 6:00 pm CT 6:00 - 7:00 pm ET	Last Wednesday of each month
Peer Support	Stroke Community Conversations	Thursday	7:00 - 8:00 pm CT 8:00 - 9:00 pm ET	2 nd & 4 th Thursday of each month
Peer Support	Young Stroke Survivors: Wisdom Circle	Thursday Group A	2:30 - 4:00 pm CT 3:30 - 5:00 pm ET	1 st Thursday of each month
Peer Support	Young Stroke Survivors: Wisdom Circle	Thursday Group B	6:00 - 7:30 pm CT 7:00 - 8:30 pm ET	3 rd Thursday of each month
Peer Support	Young Adults Living with Stroke*	Wednesday	2:00 - 3:00 pm CT 3:00 - 4:00 pm ET	2 nd & 4 th Wednesday of the month
Peer Support	Life Partners*	Wednesday	7:00 - 8:00 pm CT 8:00 - 9:00 pm ET	1 st & 3 rd Wednesday of each month
Peer Support	Caregivers of Stroke Survivors*	Tuesday	5:00 - 6:00 pm CT 6:00 - 7:00 pm ET	2 nd Tuesday of each month
Peer Support	Caregivers of Stroke Survivors*	Tuesday	7:00 - 8:00 pm CT 8:00 - 9:00 pm ET	4 th Tuesday of each month

All times/days are current as of March 2026.

If you are a person with lived experience of stroke and are interested in becoming a volunteer co-facilitator with any of these online support groups, please email volunteer@marchofdimes.ca with “online support group volunteer” in the subject line.

After Stroke National Online Programs

Welcome to **After Stroke** at March of Dimes Canada. Guided by lived experience, best available evidence and expert advice, After Stroke puts stroke survivors and their caregivers at the centre of service delivery. We offer support tailored to each individual and help people impacted by stroke establish a much-needed sense of connection, and equip them with the mentorship, tools and resources they need to resume their lives. Our programs and services support the needs of our service users through addressing post stroke education, skill development, speech and communication, exercise and movement, and peer support.

Most of our stand-alone online group-based programs are offered through the Zoom platform and are accessible through an online registration link. Some programs can only be accessed by connecting with a Community Stroke Navigator.

Our programs are designed to address the following focus areas:



Education – The more one knows about stroke, the more confident and empowered they feel as they manage their recovery. Programs available include: **Ask an Expert (monthly webinar)** and **Caregiver e-learning modules (self-paced)**.



Skill Development – Re-learning and practicing skills gives survivors a greater sense of freedom, control and independence. Programs available include: **Graded Repetitive Arm Supplementary Program™ (GRASP)**, **Living Life to the Full™** and **Life After Stroke: A Stroke Education and Self-management Program**.



Speech and Communication – Stroke survivors who experience aphasia can improve their speech and communication skills in a safe and welcoming environment. Programs available include: **Region specific Aphasia and Communications Disabilities Program (ACDP)** and **Aphasia Peer Connect**.



Exercise and Movement – Exercise and mobility are important to maintaining good health after a stroke, and help survivors improve their physical function, strength, balance, and energy levels. Programs are offered in three different levels: **Foundation Exercise**, **Functional Exercise**, **Focus Exercise**.



Peer Support – Connecting with other survivors and caregivers for emotional support, firsthand advice, and friendship is vital to stroke recovery. Programs available include: **Stroke Community Conversations**, **Young Stroke Survivors: Wisdom Circle**, **Young Adults Living with Stroke**, **Caregivers of Stroke Survivors**, **Life Partners of Stroke Survivors**.

Online Programming | Eastern Canada

*Programs marked with an **asterisk (*)** have specific eligibility criteria, while those marked with a **dollar sign (\$)** require a small fee.

Online Education				
Focus	Program Name	Day	Time	Frequency
Education	Ask an Expert	Monday	12:00 - 1:00 pm CT 1:00 - 2:00 pm ET	Last Monday of the month
Education	Caregiver e-learning modules		Accessible online 24/7	Self-paced modules

Skill Development				
Focus	Program Name	Day	Time	Frequency
Education & Skill Development	Living Life to the Full™*\$	Ask your Community Stroke Navigator for upcoming dates	TBD	9-week session
Skill Development	GRASP*\$	Tuesday	2:30 - 3:30 pm CT 3:30 - 4:30 pm ET	10-week session
		Thursday	11:00 - 12:00 pm CT 12:00 - 1:00 pm ET	
Education & Skill Development	Life After Stroke: Stroke Education & Self-management*	Ask your Community Stroke Navigator for dates	TBD	10-week session

Online Speech and Communication				
Focus	Program Name	Day	Time	Frequency
Living with Aphasia Caregiver Group	Caregivers of individuals with communication challenges*	Tuesday	7:00 - 8:00 pm CT 8:00 - 9:00 pm ET	2 nd & 4 th Tuesday of each month. Drop in format.
Peer Support Aphasia	Aphasia Peer Connect (APC) Group 1 & 2*	Monday	12:00 - 1:00 pm CT 1:00 - 2:00 pm ET	Weekly
Peer Support Aphasia	Group 3*	Tuesday	10:00 - 11:00 am CT 11:00 - 12:00 pm ET	Weekly
Peer Support Aphasia	Group 4*	Thursday	10:00 - 11:00 am CT 11:00 - 12:00 pm ET 12:00 - 1:00 pm CT 1:00 - 2:00 pm ET	Weekly

Online Exercise and Movement				
Focus	Program Name	Day	Time	Frequency
Exercise and Movement	Foundation	Tuesday	Group 1 10:30 - 11:30 am CT 11:30 - 12:30 pm ET	10-week session
Exercise and Movement	Functional	Wednesday	Group 1 10:30 - 11:30 am CT 11:30 - 12:30 pm ET	10-week session
Exercise and Movement	Functional	Wednesday	Group 2 12:30 - 1:30 pm CT 1:30 - 2:30 pm ET	10-week session
Exercise and Movement	Focus	Tuesday	Group 1 12:30 - 1:30 pm CT 1:30 - 2:30 pm ET	10-week session
Exercise and Movement	Focus	Thursday	Group 2 12:30 - 1:30 pm CT 1:30 - 2:30 pm ET	10-week session
Exercise and Movement	Focus	Friday	Group 3 10:30 - 11:30 am CT 11:30 - 12:30 pm ET	10-week session
Exercise and Movement	Focus	Friday	Group 4 12:00 - 1:00 pm CT 1:00 - 2:00 pm ET	10-week session

Visit our **online program registration page** to determine which online exercise level is best for you.



For more information about our various online programs please visit our After Stroke website at www.afterstroke.ca or our main MODC website [Online Programs](#) | [March of Dimes Canada](#).

You can also email us at afterstroke@marchofdimes.ca or call us toll free at **1-888-540-6666** with any questions.