

Durham Peer Support Groups for Stroke Survivors

	Group Name	Meeting Location	Meeting Times	Contact Info
March of Dimes Canada After Stroke Groups	Oshawa Stroke Recovery	March of Dimes Canada Whitby Office Suite 305 1615 Dundas St. East Whitby Upstairs in the Whitby mall. Also offered virtually	First Tuesday of the month. 11:00 a.m. – 12:30 p.m.	Registration required Online registration: www.afterstroke.ca Phone registration: 1-888-540-6666 Email registration: afterstroke@marchofdimes.ca
	Life After Stroke Peterborough	Northminster United Church 300 Sunset Blvd. Peterborough	Fourth Wednesday of the month 1-3:00pm	Tony Mauro Chair TonyCMAuro@gmail. com
	Stroke Community Conversation	Virtual	First and third Tuesday of the month. 1-2:30 p.m. ET Last Wednesday of each month 6:00 – 7:00 p.m. ET Second and Fourth Tuesday of each month 8:00 – 9:00 p.m. ET	Registration required Online registration: www.afterstroke.ca Phone registration: 1-888-540-6666 Email registration: afterstroke@marchofdimes.ca
	Young Adults Living with Stroke	Virtual	Every Second and Fourth Wednesday of the month 3:00 – 4:00 p.m. ET	Registration required Online registration: www.afterstroke.ca Phone registration: 1-888-540-6666 Email registration: afterstroke@marchofdimes.ca
	Young Stroke Survivors: Wisdom Circle	Virtual	First Thursday of every month 3:30 – 5:00 p.m. ET	Registration required Online registration: www.afterstroke.ca

				Phone registration: 1-888-540-6666 Email registration: afterstroke@marchofdimes.ca
	Life Partners of Stroke Survivors- Peer Support	Virtual	First Wednesday of the month. 8-9 p.m. ET	Registration required Online registration: www.afterstroke.ca Phone registration: 1-888-540-6666 Email registration: afterstroke@marchofdimes.ca
	Caregiver of Stroke Survivors	Virtual	Second Tuesday of the month 6:00 – 7:00 p.m. ET Fourth Tuesday of each month 8:00 – 9:00 p.m.	Registration required Online registration: www.afterstroke.ca Phone registration: 1-888-540-6666 Email registration: afterstroke@marchofdimes.ca
	1:1 Peer Support	Virtual	A time identified by a client and peer volunteer	Please connection with your Community Stroke Navigator. If you don't have a Navigator please contact: 1-888-540-6666 Or afterstroke@marchofdimes.ca for more information
	Heart & Stroke Foundation - Stroke Survivor and Caregiver Facebook Groups	Virtual	n/a	The power of community Heart and Stroke Foundation
	Brain Injury Association of Durham Region - BIAD	Email to inquire	Email to inquire	peersupport@biad.ca Peer Support Program – Brain

Additional Support Programs				Injury Association of Durham Region (biad.ca)
	Life After Stroke - Virtual Support Group for Young Stroke Survivors (For members only)	Virtual	Times vary	Support Group for Brain Injury Survivors Life After Stroke julie@julietomaino.com
	Brain Injury Association of Peterborough Region	Email to inquire	Email to inquire	biapr@nexicom.net Peer Support – Brain Injury Association Peterborough Region (biapr.ca)
	Thrive After Stroke	Virtual	Join using Link	Thrive After Stroke Support Group

*This is a non-exhaustive list, and this list has been compiled for information only.
Lakeridge Health has no affiliation with the groups listed above. Please contact the group directly to learn more.*