

OTTAWA AFTER STROKE PEER SUPPORT GROUP

March of Dimes Canada's After Stroke Peer Support group offers a welcoming space where stroke survivors and caregivers can connect, share experiences, and support one another.

Our group provides:

- A forum to learn about stroke recovery
- Access to helpful community resources
- A place to talk with others who understand your journey
- Wheelchair accessible, free parking, snacks and refreshments

Join Us at Our Next Meeting!



The fourth Tuesday of every month



1:00 - 2:30 PM

For more information, contact us:



1-888-540-6666



afterstroke@marchofdimes.ca

