



Stroke Recovery Association of BC – Castlegar Stroke Recovery

The Stroke Recovery Association of BC offers a rich variety of programs to help support you in your stroke recovery journey.

Our Castlegar Stroke Recovery program is designed to help you with:

- **Skill Development:** re-learn and practice skills that will help you 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 own experience
- **Education:** learn practical and important information about stroke

Castlegar Stroke Recovery Program

When: Every Thursday

Time: 10:00 a.m. – 12:00 p.m.

Where: Castlegar Recreation and Aquatic Centre, 2101 6th Avenue

To learn more about our Castlegar Stroke Recovery program, please email:

cpowich@marchofdimes.ca.

If you would like to learn more about our virtual stroke recovery programs, please email afterstroke@marchofdimes.ca or call us at 1-888-540-6666.