

Reach out to us

There are three ways to connect with us—simply call, email or fill out our online form. We look forward to hearing from you!



Stroke Support Line:

1-888-540-6666



Email:

afterstroke@marchofdimes.ca



Online form:

www.afterstroke.ca/contact



“ March of Dimes Canada’s After Stroke program gave me purpose, and now, my way of giving back is to volunteer and help others keep a positive attitude. If I can bring hope to one person toward recovery, then I’ve done my job. ”

Lara Kaufman

Volunteer, Hospital Visitation Program

Our national After Stroke program puts stroke survivors and their families at the centre of all we do. Based on the best available evidence, and stroke care best practices, its development has been a collaborative effort between March of Dimes Canada, people with lived experience of stroke, health professionals, and academic experts.

Find out more about our community-based approach at www.afterstroke.ca/about-us.



Stroke support, when and where you need it



We believe everyone deserves to live the best life they can after a stroke and we help make that possible

www.afterstroke.ca

March of Dimes Canada
Charitable Registration No. 10788 3928 RR0001

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Our program

After Stroke is a personalized recovery program that can help you and your family navigate the path forward after a stroke.

Our evidence-based approach offers support at all stages of the recovery journey—from hospital to home and back into your community. We listen to your needs and assist you in finding programs and services to help you achieve your goals. There is no cost to participate in After Stroke, and a health card or private insurance is not required.



“ We felt welcomed from our first meeting with After Stroke BC’s stroke recovery group. Thomas is happier because he doesn’t feel alone anymore, and I have other caregivers and people to talk to. ”

MayAnita Lam and Thomas Lam
Caregiver and stroke survivor



Sean and Kathryn Russell attend an After Stroke support group. They have found it helpful in Sean’s stroke recovery journey.

Read about our participants at
www.afterstroke.ca/stories

How we help

Stroke affects everyone differently and can bring new realities and challenges.

The After Stroke program is here to help, starting with a conversation.

Our highly trained coordinators will work with you to understand your needs and goals for stroke recovery, then develop a plan that works for you. The plan is personalized to fit your unique needs—focusing on what matters most for you and your family.

As goals change, your coordinator will review and adjust your plan with you, supporting you every step of the way.

Finding support

We have many community-based programs to help you in achieving your goals, and are here to help you find the ones that are right for you. Here are some of the things our programs are designed to help with:



Education:

Learn practical and important information about stroke.



Exercise and movement:

Help improve your physical function, strength, balance, and energy levels.



Peer support:

Connect with other individuals who have been impacted by stroke to share experiences.



Skill development:

Re-learn and practice skills that will help you in your day-to-day life.



Speech and communication:

Practice improving your speech and communication skills in a safe and welcoming environment.

Your After Stroke Coordinator will also work with you to find other resources and services available in your local community.