



# Supporting each other through recovery

North and West Vancouver

Since 1974



## Our Community of Supporters

- Province of BC
- Vancouver Coastal Health
- Stroke Recovery Association of BC
- Harper Grey LLP
- City of North Vancouver
- District of North Vancouver
- District of West Vancouver
- Local service clubs and residents of North and West Vancouver



**NORTH SHORE  
STROKE  
RECOVERY CENTRE**

225 East 2nd Street  
North Vancouver  
BC V7L 1C4

Phone: 778 340-5803  
[www.nssrc.org](http://www.nssrc.org)

## Has Someone You Know Had a Stroke?

Contact our Outreach Volunteer at [outreach@nssrc.org](mailto:outreach@nssrc.org). Our knowledgeable outreach volunteers are stroke survivors who will visit patients in hospital and offer support and information regarding services available.

### Different needs; Different programs

*Stroke impacts people at different stages in their lives and to differing degrees. Recognizing this, we have created two separate stroke survivor programs:*

**Young Stroke Survivors** – geared to more mobile individuals 65 or younger, or for those young at heart. This group focuses on improving communication abilities and coping skills

**Older Adult Stroke Survivors** – focusing on programs for individuals with mobility constraints due to stroke or natural aging stroke or natural aging, and improving communication abilities and socialization.

### For the Family

Caregiver Support – as funding permits, caregiver workshops are held to offer tips and coping skills for caregivers and family members. Join us to make connections with others sharing your experience.

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# How You Can Help



## Our Story

The North Shore Stroke Recovery Centre was founded by six stroke survivors wishing to meet and support one another post stroke.

Since 1974 we have been the main provider of stroke recovery and community re-integration services to North and West Vancouver residents. We offer peer and volunteer supported programming in an inclusive group atmosphere.

## Two Degrees of Separation

If you don't know a stroke survivor, you know someone who does.

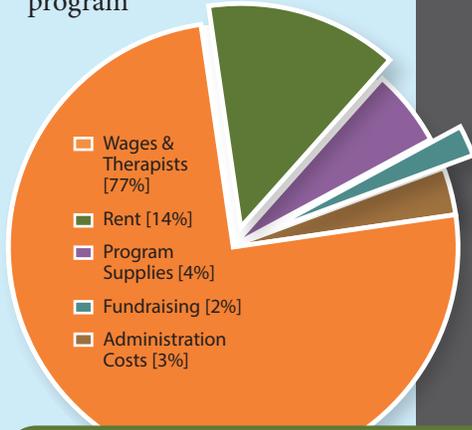
Every year, approximately 700 North Shore residents will experience a stroke or transient ischemic stroke, which is often a precursor to stroke. Sadly, many individuals are lost and many more are left with disabling conditions. At the Centre, we strive to improve the physical and mental well-being of stroke survivors

### We offer:

- speech therapy
- brain challenging games
- exercise therapy
- computer skills
- music therapy
- educational speakers
- balance program

## Are you a stroke survivor? We can help.

The Centre operates a day program packed with therapeutic activities specifically tailored for stroke survivors. Activities are designed to improve cognitive ability, mobility and communication.



The Centre is a registered charity and is supported by many organizations, volunteers and donors. Members pay less than 10% of the cost of services provided and our program relies on the generosity of the community. If you would like to assist us in continuing to provide valuable therapy services to North Shore stroke survivors, please consider making a donation at [www.nssrc.org](http://www.nssrc.org).

## Low Cost Service with High Value Return

Members often remark that they are able to live in their own homes longer because of the support and friendship they receive by attending our program. Delaying or avoiding admittance to long term care reduces costs to families and government and greatly improves quality of life for stroke survivors

## Ready to join?

Stroke survivors are admitted to the program by referral. Talk to your healthcare provider or call us at 778 340-5803 to arrange for a referral.