

NORTH SHORE STROKE RECOVERY CENTRE



Vision

A community without barriers for survivors of stroke.

Mission

To maximize the quality of life for people impacted by stroke through accessible programming, peer support, healthcare partnerships, and community partnerships.

WELCOME!

We are thrilled to introduce two additions to the North Shore Stroke Recovery Centre team!

Read below to get to know a bit about Zohreh and Clara.



Zohreh Haghbin
Newsletter Volunteer

What is your professional background?

My Background is in book publishing. I founded an independent publishing company and obtained extensive experience as a publishing manager. Through this journey,

Written with gratitude on unceded traditional territories of the xwməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwəta?/Selilwitulh (Tseil-Waututh) Nations.

I've honed my skills in cultural and creative management. Additionally, my experience as a writer, translator, editor, content creator, and visual storyteller adds another dimension to my skill set.

What are your passions or interests?

My passions revolve around books, art, and culture. I find great fulfillment in immersing myself in my community and learning about places and people from various cultures. This allows me to blend my interests seamlessly with my professional undertakings.

What has motivated you to join our team at NSSRC?

The North Shore Stroke Recovery Center's vision and mission truly resonated with me. The commitment to creating a community without barriers for stroke survivors and enhancing the quality of life for those affected by stroke through different programs. Having previously worked as a publisher and translator, my approach has always been that of a facilitator to readers and my audience. I aimed to educate and enhance the lives of people through literature. This philosophy aligns seamlessly with NSSRC's mission, motivating me to contribute my skills and expertise in publishing to this admirable cause and be a part of this amazing team.

Share a fun fact about yourself.

I have experienced many different things in my life and I believe in embracing every day as an opportunity to learn something new. Whether it's delving into a new skill, exploring a fresh perspective, or immersing myself

in a different job role and experience. This outlook fuels my passion for personal and professional growth, allowing me to adapt and bring a unique approach to anything I do in my life.



Clara Troje - Music Therapist

My first "real" instrument was the recorder when I was six years old. However, I have fond memories of singing at holidays and being around people playing instruments as early as I can remember. My family has always used music to celebrate and connect, which is something I try to pass on in my work and life. Instruments I have played since then include violin, clarinet, piano, guitar, ukulele, recorder, voice and more!

My first degree was in classical music, on the clarinet. However, after shadowing a music therapist part-way through my program, I was fully "sold" on becoming a music therapist. Music can have an effect that just looks like magic, especially when people are struggling. My favourite part of being a music therapist is harnessing some of this "magic" to improve peoples' lives. I love noticing how much more energized and connected a room of people feels after a music therapy session than before. I love seeing people light up when they play their favourite

music for me. I love seeing how a song that somebody has a connection to can bring forward emotions and help process grief.

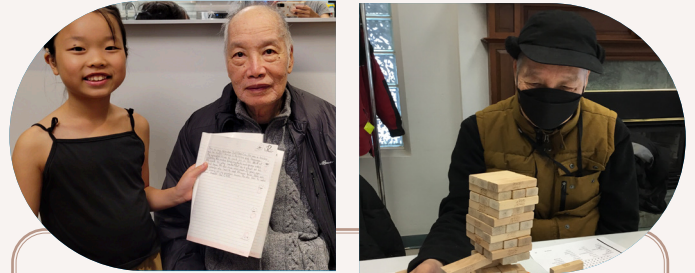
Outside of my work as a music therapist I do more music! I play in a “just-for-fun” Bluegrass duo called the “Creaky Roses”, and am always trying to find ways to keep music fun and healing for myself. I also try to get out camping in the woods as often as I can, rain or shine. This year, I’m expanding my camping equipment and skills to hopefully do more backcountry winter camping on snowshoes and skis.



Nancy Schlesinger

Nancy Schlesinger was born in the Montreal area. She moved to North Vancouver with her husband in 1999. They expected to stay for 5 years. 24 years later, they are still there! Nancy has two children. Her son is in his first year at the University of Victoria, and her daughter is in grade 11. Her family adopted two older cats last year.

Nancy had her stroke in November 2021. Nancy was an avid swimmer, hiker, stand-up paddler, and skier before her stroke. In August 2021, her family had a backpacking trip to Cape Scott. She is hoping to get back there one day.



Sut Chuen

This is my grandpa Sut Chuen Lau. He was a teacher, and he taught Chinese literature and language. My grandpa loves to cook. He is the best at cooking. He makes bread, egg tarts and sponge cakes. He used to play basketball as a player on his school team. He also drove across Canada 35 years ago. My grandpa also loves to read Chinese books. There are so many at my grandpa’s house. He also likes to watch news channels like CNN. We love him very much.

By Avery, Sut Chuen’s granddaughter



Our Supporters

Our programs and services for individuals impacted by stroke would not be possible without the contributions of our community supporters

Our Supporters



North Shore Stroke Recovery Centre

Phone: 778-340-5803

Website: nssrc.org

Centre Operations Manager: Tara Arvan

Co-ordinators: Yasmine Bia, Kathryn Seely

Speech Language Pathologist: Penelope Bacsfalvi

SLP Assistant: Yasmine Bia

Days of Operation for Fall 2023:

Monday: 10:00-12:30, St. Stephen's Anglican Church, 885 22nd St, West Vancouver, BC V7V 4C1

Tuesday: 10:00-2:00, North Shore Neighbourhood House, 225 2nd St E, North Vancouver, BC V7L 1C4

Wednesday: 10:00-12:30, North Shore Neighbourhood House Versatile Building, 113 3rd St E,
North Vancouver, V7M 2G2

Thursday: 10:00-2:00, North Shore Neighbourhood House, 225 2nd St E, North Vancouver, BC V7L 1C4