

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.



Strides for Strokes 2023

The North Shore Stroke Recovery Centre community came together once again for the highly anticipated annual event, Strides for Strokes. The day was filled with camaraderie and an abundance of memorable experiences.

The event featured an array of activities such as the silent auction, that boasted an impressive assortment of gifts, artwork display, adding an artistic touch to the event, and 4km walk along the seawall. The beautiful artwork created by the members showcased their talent and creativity.

A very special thank you to the Strides for Strokes planning committee, board members, staff, and volunteers who contributed their time and effort to make this event a success. We are immensely grateful to our corporate sponsors and donors, RBC, AllWest Insurance, Mercedes, and Herbaland. Additionally, we extend our thanks to all the silent auction sponsors who contributed to the event's success. Lastly, our deep appreciation goes to all NSSRC members and families for their support.

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

Family Caregiver Support Group

Join our Family Caregiver Support Program!

The NSSRC holds a Family Caregiver Program twice a month at St. Stephen's Church. We understand the unique challenges that caregivers face, and we are dedicated to provide a supportive environment for both our members and caregivers.

The program consists of Yoga Therapy with Angie Howden-Duke and Group Counselling with Carolina Radovan.

Yoga Therapy:

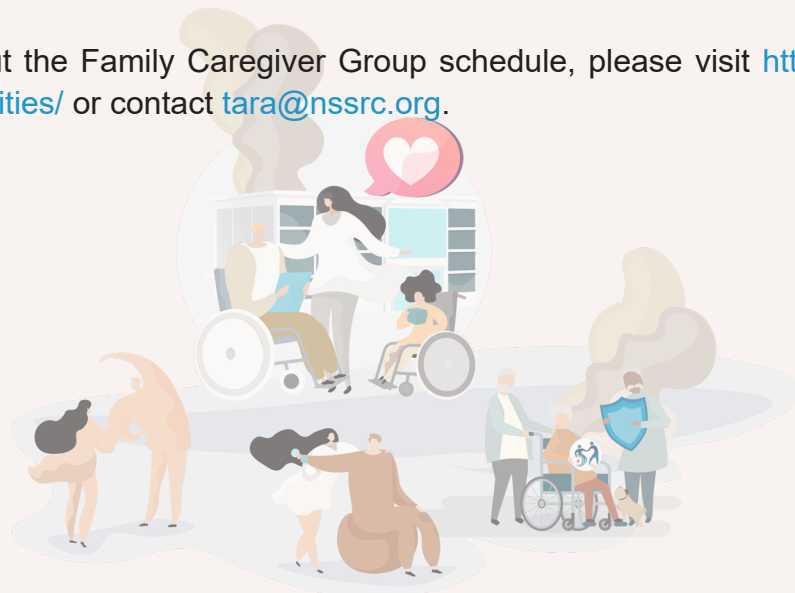
- Nurture your physical and mental well-being through specialized yoga sessions
- Learn breathing techniques, stress reduction methods, and gentle exercises.

Group Counselling:

- Connect with fellow caregivers who understand your experiences and challenges.
- Share your thoughts, concerns, and triumphs in a supportive and confidential setting.

We invite you to join us in this program and discover the support and resources available to you. Together we can create a nurturing community that uplifts and empowers each other.

To learn more about the Family Caregiver Group schedule, please visit <https://nssrc.org/daily-schedule-activities/> or contact tara@nssrc.org.



Carolina Radovan:

“The caregiver role within a family can be rewarding, complex, and challenging. Complex because though it is often an act of love, at times, other emotions also surface: guilt, fear, frustration, to name a few. The NSSRC provides several programs supporting caregivers specifically since we know that caring for caregivers is also part of a holistic approach supporting the family unit.

The Caregiver Support Group is a space where caregivers can connect, share experiences and learnings, share laughs, and support one another through tougher emotions. It is an informal setting where people can either follow prompting questions or themes from a registered clinical counsellor, or simply bring their own thoughts and ideas to share with the group. The support group approach is one that acknowledges strength in community and is a way of increasing social connections in your life with people who share your lived experience.”

Should you have any questions for the counsellor leading this group, please contact Carolina Radvan at carolinaradovan@gmail.com.



Our Supporters

Our programs and services for individuals impacted by stroke would not be possible without the contributions of our community 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: Summer 2023

July

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

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

Friday: Cleveland Dam, North Vancouver

August

Friday: Andrews on 8th Coffee Shop, 279 8th St E, North Vancouver, BC V7L 1Y9