

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.



Make Spirits Bright Support Survivors of Stroke with Your Holiday Donation

As we approach the festive holiday season, we at the North Shore Stroke Recovery Centre are reaching out to our cherished community with a special message of hope and healing.

The North Shore Stroke Recovery Centre has been a beacon of strength and resilience, providing essential resources, rehabilitation services, and a supportive community for those affected by stroke. Here, members and their families find more than therapeutic programs; they discover a community that understands the challenges they face. Our programs include exercise therapy, speech therapy, art therapy, music therapy and more. It's a place to regain confidence, a space to socialize, and a sanctuary where

caregivers can share. However, we can't do it alone, and we need your help to continue making a difference in the lives of those on their journey to recovery.

How You Can Make a Difference?

This holiday season, consider making a meaningful contribution to the North Shore Stroke Recovery Centre. Your generous donation will directly impact the lives of stroke survivors, enabling us to enhance our programs, expand our reach, and provide critical support to those in need.

Why Give to North Shore Stroke Recovery Centre?

Positive Impact: Your contribution helps us

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

make a positive impact on the lives of stroke survivors and their families, fostering hope and recovery. Your support is crucial as we strive to maintain and improve our services to the North Shore community.

Community Support: By supporting our center, you are contributing to the strength and resilience of our community. We stand together in the face of challenges.

Tax Benefits: A tax receipt will be issued for your donation.

How to Donate:

Making a donation is quick and easy. Visit our secure online donation portal www.canadahelps.org/en/charities/north-shore-stroke-recovery-centre/ or visit our website at nssrc.org to make your contribution today. Every dollar makes a difference and brings us one step closer to creating a brighter future for survivors of stroke.

Spread the Word:

Share our campaign with your friends, family, and colleagues. Encourage them to join you in supporting the North Shore Stroke Recovery Centre and making a positive impact in the lives of those affected by strokes.

Your kindness can make a world of difference. Thank you for your continued support and generosity. Wishing you and your loved ones a joyful and compassionate holiday season.

With heartfelt gratitude,

The NSSRC team



Heli Kanaan

Heli worked as a nurse for 30 years until her stroke in 2021 in the Okanagan. She has 1 son who is starting his academic career. Heli has temporarily moved to North Vancouver following emergency surgery in 2022. She connected with this group and attends 2 days per week participating in the exercises, book clubs & various brain games. She has made friends in the group that also meet for lunch socially on the weekends.



Music Therapist: Ingrid Swe Nga Wan

Born and raised in Hong Kong, Ingrid received a Bachelor of Arts in Music from the University of Hong Kong and moved to Canada to complete her Master's degree in Music Therapy at Wilfrid Laurier University, Ontario. She has also completed her Neurologic Music Therapy training as a NMT affiliate. The start of her Music Therapy journey began when she volunteered as a pia-

nist and guitarist for a Stroke Choir in Hong Kong. During her time in Ontario, she established her own music therapy programs for vulnerable individuals struggling with underlying mental health issues for a community-integrated agency. She has then gone on to pursue work in various medical settings such as acute psychiatry and acute stroke rehabilitation here in Vancouver, conducted one-on-one sessions with geriatric residents dealing with Stroke, Aphasia, Dementia, Alzheimer's Disease (Mount Saint Joseph's Hospital), and conducted Neurologic Music Therapy sessions in the In-Patient Acute Stroke Unit (Richmond Hospital). Ingrid's approach to music therapy is client-centered and humanistic. She believes music therapy serves an authentic purpose, empowering clients and encouraging self-sufficiency and independence outside of therapy. She deeply values the meaningful interactions and connections with her clients during music-making.

Holiday Luncheon

Dear Members,

As the holiday season approaches, we're excited to announce that we'll be hosting a festive holiday lunch on December 18th! It's a wonderful opportunity for us to come together, celebrate the joy of the season, and enjoy some delicious food in good company.

Here are the details:

Date: December 18, 2023

Time: 12:00PM - 2:00PM

Location: White Spot (Pemberton Plaza),

1226 Marine Dr #107, North Vancouver, BC V7P 1T2

We look forward to celebrating the holiday season with you all!

Holiday Break:

As the holiday season approaches, we wanted to inform you of our upcoming schedule changes.

Holiday Closure Details:

No Indoor Programs: From December 18th to January 1st. On December 18th, we will celebrate our holiday lunch and then we take a break to celebrate the holidays.

Our programs will resume on Tuesday, January 2nd, 2024. We're excited to kick off the new year and welcome you back on January 2nd!

Wishing you a joyous holiday season and a Happy New Year!

HAPPY HOLIDAYS

*Wishing you a season
filled with joy,
laughter, and moments
of warmth with your
loved ones.*

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