

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.

Save the Date

Dear North Shore Stroke Recovery Centre Community,

Mark your calendars and lace up your sneakers because an exciting event is coming your way! On June 15, 2024, we invite you to join us for our annual Strides for Strokes event, a celebration of resilience and community spirit. This year holds a special significance as we commemorate the 50th anniversary of the North Shore Stroke Recovery Centre.

Location:

John Lawson Park and West Vancouver Centennial Seawalk

Date:

Saturday, June 15, 2024

Since our humble beginnings half a century ago, the North Shore Stroke Recovery Centre has been dedicated to supporting survivors of stroke and their families on their journey to recovery. Over the years, we have grown and evolved, but our commitment to empowering individuals to rebuild their lives after stroke remains unwavering.

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

Strides for Strokes is more than just a walk, run, roll; it's a symbol of solidarity and hope. It brings together survivors, caregivers, healthcare professionals, and supporters from across the North Shore community to raise awareness and funds. Whether you're a seasoned participant or joining us for the first time, Strides for Strokes promises to be a day filled with inspiration, camaraderie, and fun activities for the whole family.

Stay tuned for more details about registration, fundraising, and event highlights in the coming months. In the meantime, mark June 15th on your calendar and get ready to celebrate five decades of the NSSRC. We look forward to seeing you at John Lawson Park and the West Vancouver Centennial Seawalk as we celebrate 50 years of healing, hope, and community support!



February is Heart Month



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The North Shore Stroke Recovery Centre stands as a beacon of hope, offering support, rehabilitation, and solace to those navigating the challenging path of stroke recovery.

As we celebrate Heart Month, let us unite in our commitment to heart health. Let us embrace healthier lifestyles, nourishing our bodies with wholesome foods and nurturing our spirits with love and joy. Let us prioritize regular exercise, stress management, and mindful living, for these are the keystones of a robust heart. As we revel in the warmth of February's embrace, let us also extend our hands in support. Consider making a donation to the North Shore Stroke Recovery Centre, an investment in the wellbeing of our community.

Happy Heart Month!



Rodney Dunbar
introduced in the January 2024 newsletter

Kenneth Gordon Maplewood School Student Visit

On December 5th, we had the pleasure of welcoming six Grade 11 and 12 Kenneth Gordon Maplewood school students to work with our members at the North Shore Neighbourhood house.

The students' energy and enthusiasm, with both our members and the games we played, was much appreciated and thoroughly enjoyed by all.

All of our members emphasized how much fun they had and what a great day it was. A big thank you to Sarah Coates, Ashley Glacken, and the student volunteers! We look forward to welcoming you again soon!



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