

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.



Carolina:

Happy Mental Health Awareness Month North Shore Stroke Recovery Centre!

Now, you might be wondering, what? A whole month dedicated to what exactly? Is there a party? A quick Google search for the definition of mental health comes up with:

Good mental health might look different from one person to another. But there are six common factors of well-being that we see across different descriptions and definitions from across Canada and around the world. Good mental health includes:

- A sense of purpose
- Strong relationships
- Feeling connected to others
- Having a good sense of self
- Coping with stress
- Enjoying life
- source - Canadian Mental Health Association

We can learn a lot from this list - including that we have resources, skills, and knowledge within ourselves to contribute to our mental health in positive ways. We can seek and grow strong relationships - when we participate in programs, community events, reach out to family, engage with friends when

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

they reach out to us, etc. Feeling connected to others is the fruit that our efforts bear when we decide to actively engage with the world and the people in it. When we put ourselves out there with others, for others, we are in turn gifting ourselves this deep sense of connection. We create opportunities to enjoy life, helping us cope with daily stressors that may impact us.

My name is Carolina and I'm a registered clinical counsellor that began volunteering with NSSRC in 2015. What I enjoy most about my volunteer work with NSSRC is the mutual support staff and clients freely share between one another. How I understand my role in volunteering as a registered clinical counsellor: to humbly encourage, foster, grow this mutual support among people. The ability of NSSRC clients and staff alike have, to continue to show up for one another, is the essential ingredient for strong mental health - despite life adversity. Like exercise or healthy diet, focusing on the activities that sustain mental health is vital if we want to mitigate illness (physical, psychological, or emotional). So if you are wondering if you are doing the mental health thing right, I assure you as long as you continue to show up ready to engage with your world and community, you are doing it just right - and I would like to thank each of you for helping me nurture my mental health through this fulfilling work. Sincere gratitude and Happy Mental Health Awareness month of May.

Volunteer appreciation: April 14-20 National Volunteer Week

Dear volunteers,

We would like to take a few moments to convey our heartfelt gratitude to each of you. Your commitment, compassion, and hard work are the driving forces underpinning the North Shore Stroke Recovery Centre's achievements. Your desire to devote your time and efforts to helping our members and the community is much appreciated. Thank you for being a valuable member of our team and making an influence in the everyday lives of individuals. Below are photos of a few of our wonderful volunteers. Thank you for everything that you do!





Mary Thirsk Award: 2024 Recipient

Zain Hirji
he/him/his
Volunteer

I remember my first day volunteering with the NSSRC in November 2021 at Amica Edgemont. We were sitting around the tables having our morning conversation and introductions with cookies and coffee (Anita's favourite!). After introducing myself, Tula loudly welcomed me with her hands held high by saying "Zara, warrior princess!" Although I have since transitioned, I still appreciate the sentiment. Right off the bat, I could feel the group's care and support for each other because of how much they poked fun at each other. I'm not sure what I was expecting on my first day but I definitely wasn't expecting to feel like I was in a sitcom. That's when I knew I had chosen the right place to volunteer.

Since then I have grown and learned many lessons. As this community has more life experience than I do, I appreciate all the advice, recipes and stories everyone (members, facilitators, volunteers) shares with me. The NSSRC community has helped shape my overall understanding of the diverse impacts and recovery timelines following a stroke. I still have lots to learn but I am grateful for my experience with everyone at the NSSRC as it helped create a solid foundation that I aim to build upon.



Annual General Meeting: save the date

June 6

12:30-1:30

North Shore Neighbourhood House (zoom link sent out for those who cannot attend in person)

Dear members,

We will be holding our Annual General Meeting (AGM) on June 6th, 12:30 PM at the North Shore Neighbourhood House. This is a wonderful chance for you to get to know about the work of the North Shore Stroke Recovery Centre, listen about our accomplishments from the last year, and help shape what lies ahead for us. We look forward to seeing you there.

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