



Durham Peer Support Groups for Stroke Survivors

	Group Name	Meeting Location	Meeting Times	Contact Info
MODC Groups	Oshawa Stroke Recovery	Kingsview United Church - 505 Adelaide Ave. E. Oshawa ON	First (in person) and third (virtual) Tuesday of the month.	Joan Winter Chair joan.winter100@gmail.com
	Life After Stroke Peterborough	Northminster United Church 300 Sunset Blvd. Peterborough	Fourth Wednesday of the month 1-3:30pm	Tony Mauro Chair TonyCMauro@gmail.com
	Stroke Community Conversation (formerly known as Tuesday Conversation)	Virtual	First and third Tuesday of the month. 1-2:30 p.m. ET	Registration required Online Support Programs March of Dimes Canada
	Young Stroke Survivor Groups	Virtual	Group 1 Last Wednesday of each month 6 p.m. - 7 p.m. ET Group 2 First and third Thursday of the month 3:30 p.m. - 5 p.m. ET OR 7 p.m. - 8:30 p.m. EDT Group 3 Second and fourth Thursday of every month 8 p.m. - 9 p.m. EDT	Registration required Online Support Programs March of Dimes Canada
	Life Partners of Stroke Survivors- Peer Support	Virtual	First Wednesday of the month. 8-9 p.m. ET	Online Support Programs March of Dimes Canada
	1:1 Peer Support	Virtual	A time identified by a client and peer volunteer	



	Heart & Stroke Foundation - Stroke Survivor and Caregiver Facebook Groups	Virtual	n/a	The power of community Heart and Stroke Foundation
	Brain Injury Association of Durham Region - BIAD	Email to inquire	Email to inquire	peersupport@biad.ca Peer Support Program – Brain Injury Association of Durham Region (biad.ca)
	Life After Stroke - Virtual Support Group for Young Stroke Survivors (For members only)	Virtual	Times vary	Support Group for Brain Injury Survivors Life After Stroke julie@julietomaino.com
	Brain Injury Association of Peterborough Region	Email to inquire	Email to inquire	biapr@nexicom.net Peer Support – Brain Injury Association Peterborough Region (biapr.ca)