

Community Resources

Virtual Lunch & Learn for Stroke Care

May 11 - May 15, 2026, 12:00 - 1:00 pm

1

Monday, May 11, 2026 - Community Re-integration

- March of Dimes
- Ontario Brain Injury Association

[Click here for Zoom Link](#)

Will be broadcast from St. John's Rehab - Grasett Hall, Community Fair

2

Tuesday, May 12, 2026 - Physical Activity

- Aqua Therapy
- Together In Movement and Exercise (TIME™) Program
- Variety Village

[Click here for Zoom Link](#)

3

Wednesday, May 13, 2026 - Community Health Centres

- South Riverdale
- TAIBU
- Black Creek

[Click here for Zoom Link](#)

4

Thursday, May 14, 2026 - Adult Day Programs

- Neighbourhood Group Stroke Survivors Adult Day Program
- Lumacare B.O.O.S.T. Adult Day Program

[Click here for Zoom Link](#)

5

Friday, May 15, 2026 - Mental Health After Stroke

- North & East GTA Regional Stroke Best Practice Social Worker

[Click here for Zoom Link](#)



Zoom LINK
and QR Code



For more information,
please contact:

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