



VSRA TIMES

June 2026

Victoria Stroke Recovery Association

Meets on Fridays at Knox Presbyterian Church
2964 Richmond Rd, Victoria, BC V8R 4V1

Website: www.victoriastrokerecovery.org

Phone: **778-350-8772 (VSRA)**

Contact: coordinatorvsra@gmail.com



Birthdays: 2 Jan H, 5 Caius St G, 8 Gus R, John P, Miko B,
12 Alvin Y, 15 Naoko S, 27 Peter M



Morning Program

Afternoon Program

10-11



Coffee Time

11-12



Communication Group

with Marie Shuman, RSLP

Exercise Group



with Instructor Alexis Moores

19th June with Victoria



Care Partner Support Group

Weekly with Mary Anna McKay

5th June with Lycia Rodrigues



Stroke Survivor Support Group

19th June with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:45



BYO Lunch

Bring your own lunch and eat
with friends

12:45-1:30

June 5th

Presentation by Eric N



How Grover and Cookie
Monster became
national heroes of the
USSR

June 12th

Neuroplasticity



Wendy Duke, RSLP, will
talk about the brain's
ability to adapt and
rewire and how we can
promote this healing

June 19th

Music Enrichment



Sing and play along with
Shannon Perkins-Carr
MTA

June 26th

Presentation by John P



John will share insights
from his experience
working in music

VSRA is a non-profit association. It is a self-support group for stroke survivors and their care partners.
Thank you to all the volunteers and supporters who make the program possible!

VSRA acknowledges with respect the Lekwungen and WSÁNEĆ Peoples on whose traditional land we meet.

THERE IS LIFE AFTER STROKE!



June is Stroke Awareness Month in Canada

The aim of Stroke Awareness month is to educate the public about stroke prevention, share stroke survivor stories and emphasise how to act **FAST** when someone is showing stroke symptoms. Here are some things **YOU** can do!

- Share our website with your friends and family www.victoriastrokerecovery.org
- Read about the latest stroke research on the Heart and Stroke Foundation's website <https://www.heartandstroke.ca/>
- Share your stroke story and support **Eric** and **John** as they present to us this month
- Watch **Heidi's** interview on the Recovery After Stroke Podcast <https://www.youtube.com/watch?v=JP4IJNOssvM>
- and remember **FAST - know the signs of a stroke so you can act quickly**
FACE - is it drooping?
ARMS - can you raise both?
SPEECH - is it slurred or jumbled
TIME - to call **911**



Save the date for two Harbour Cats Games
Sun June 28th at 1.05pm vs Bellingham
Sun July 26th at 1.05pm vs Kamloops
 50/50 Prize Draw to benefit the VSRA.
 More details to follow!



Care Partners Support Group – June 5, 2026 Changing Roles and Identity

Caregiving often reshapes identity—partner, child, friend. In this session, we will explore who you were, who you are, and what may feel lost or unfamiliar. The goal is to create space for reflection and to gently reconnect with the idea that you are more than your caregiving role—even if it doesn't feel that way right now.



Stroke Survivors Support Group – June 19, 2026 Difficult Emotions – Anger, Shame, Embarrassment

Some feelings after stroke can be difficult to talk about—such as anger, embarrassment, or feeling like a burden. In this session, we will explore questions like:

- When do you feel most upset or overwhelmed?
- Have you felt embarrassed or frustrated in front of others?

All feelings are welcome, and there is no pressure to share more than you want.

TIME TALENT TREASURE

We are so grateful to our members who give us their time, exercise their talents and donate to our association. All these contributions help us to flourish!



MAY'S MARVELOUS MATES

Thank you to John F and Ally and many Board members for helping our coffee volunteers this month

Thank you to Red Barn (Oak Bay) and Thrifty Foods (Tuscany) for supporting our picnic