



VSRA TIMES

Sept 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: 5 Ron A, 15 Wayne M, 24 Julie S,
28 Catherine W



Morning Program

Afternoon Program

10-11



Coffee Time

11-12



Communication Group

with Marie Shuman, RSLP



Exercise Group

with Instructor Alexis Moores



Care Partner Support Group

Weekly with Mary Anna McKay

11th Sept with Lycia Rodrigues



Stroke Survivor Support Group

18th Sept with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:45



BYO Lunch

Bring your own lunch and eat
with friends

12:45-1:30

Sept 11th

Welcome Back!



We are starting the
year with a magical
treat! Let's welcome
Colin Holt!

Sept 18th

Music Enrichment



Sing and play along
with Shannon Perkins-
Carr MTA

Sept 25th

Diabetes



David Futter from the
SHWI will present on the
causes, prevention and
management of this
common condition.

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!

WELCOME BACK

It's always great to have a break over the summer but it also feels good to get back into routine – and what better routine than to spend Fridays with us! Not only do we get to connect with each other, but there is opportunity to learn, practice, grow and thrive on this journey of recovery after stroke. This term we have a mix of educational speakers, activities and celebrations to help make our time together both useful and enjoyable.

A Stroke Ahead Our team will be participating in Gorge Fest on Saturday the 26th of September at the Fairway Gorge Paddling Club, 2940 Jutland Road. Come out and cheer us on! Further information from Karen Wilson, Coach 778-350 6566 or pearly6@shaw.ca
We continue to practice on Tuesdays, 10 – 11.30 at VCKC



Soap for Hope – We're collecting toiletries (soap, toothpaste, shampoo etc) to donate to BC's fire evacuees. Please give them to Debs on Sept 11th. **Thank you**



Please save your 100 – 500mls jars and plastic humus-like containers for activities in Oct and Nov – please give them to Mary-Anne



Care Partners Support Group – Sept 11th, 2026

Communication Under Stress: Listening, Understanding & Being Heard

After a stroke, communication within a relationship can sometimes become more difficult, especially when stress, fatigue, or strong emotions are involved. Care partners may find themselves trying to help while also feeling unheard or misunderstood. In this session, we will explore how stress affects the way we communicate and practice ways of listening, expressing needs, and responding with greater patience and understanding. We will consider how small changes in communication can help create more connection and less conflict.



Stroke Survivors Support Group – Sept 18th, 2026

Finding Your Voice: Communication, Needs & Self-Advocacy

After a stroke, expressing what we need, want, or feel may sometimes require new strategies. Communication challenges can affect independence, relationships, and participation in everyday life. In this session, we will explore self-advocacy – finding ways to communicate our needs, preferences, boundaries, and goals. We will reflect on how to ask for what we need while maintaining dignity, choice, and connection with others.

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!



SUMMER'S SUPER SUPPORTERS

A big thank you to Bill for organizing the Hillside Coffee Times and to Karen and Keith for their ongoing role as our Dragon Boat Team Coaches.