**Interview Guide**

1. Why did you join BLAST
2. How long have you been attending BLAST?
3. How often do you attend the BLAST meetings?
4. What condition do you have?
5. Where did you hear about it BLAST?
6. What has been your experience post-stroke?

2. Can you describe the activities at a typical meeting at BLAST?

1. Are there any memories you would share? If yes, can you please describe them?

3. Has attending BLAST impacted you? If so how?

4. What do you like about the BLAST group?

1. If you have attended any other support groups, what was different?

5. How can the BLAST group improve?

6. How, if at all, has attending BLAST affected your life after stroke?

1. How, if at all, has attending BLAST affected your recovery?

7. Would you like to share anything else?