



Transforming trauma into triumph. This is BrainStorm

Stroke doesn't care how old you are. But being a **young stroke survivor** can feel incredibly isolating, specially when you don't see yourself reflected in the traditional stroke narrative.

We know, because we've lived it.

We're **Erika** and **Paul**: Two young stroke survivors from the Durham Region, and when we met, everything changed.

Suddenly, we weren't alone. Our friendship brought the kind of understanding and support that only comes from someone who truly gets it.



SO WE CREATED BrainStorm

A social platform for young stroke survivors to share stories, challenge assumptions, find connection, and turn lived experience into **change**.

We didn't build BrainStorm because we had it all figured out. We built it because we didn't.

AS YOUNG STROKE SURVIVORS, WE CREATED THE SPACE WE NEEDED, BUT COULDN'T FIND.

WHAT HAPPENS HERE?



REAL STORIES

The experiences behind the statistics.



REAL CONVERSATIONS

The things people don't always talk about after stroke.



REAL ADVOCACY

Challenging outdated narratives and amplifying voices that are too often overlooked.



REAL CONNECTION

Because sometimes the most powerful words are simply "Me too.. I get it".



REAL CHANGE

Turning lived experience into meaningful impact.

Whether you're a stroke survivor, supporter, healthcare professional, or someone who wants to understand stroke differently, there's a place for you here.

RECOVERY IS JUST THE BEGINNING.

LET'S REWRITE WHAT RECOVERY LOOKS LIKE TOGETHER.
THIS IS WHERE RESILIENCE MEETS VISION.



BrainStorm Changing how the world sees stroke.

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