



Transforming trauma into triumph.
This is BrainStorm.

Stroke doesn't care how old you are — but being young in this space can feel incredibly isolating, especially when you don't see yourself in the regular stroke narrative.

We're 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.

That connection sparked something bigger.

We created **BrainStorm** to be the space we needed — and couldn't find.

A place for real talk. A platform for bold ideas. **A community where young survivors can feel seen, heard, and supported.**

At BrainStorm, recovery is just the beginning. We're here to challenge outdated narratives, amplify underrepresented voices, and turn lived experience into collective strength. Whether you're a survivor, a supporter, or someone seeking to understand — you belong here.

Let's rewrite what recovery looks like — together.
This is where resilience meets vision.



Erika & Paul



[instagram.com/BrainStormChanges](https://www.instagram.com/BrainStormChanges)

Scan to join!

