OUR MISSION

HeadStrong offers support to young survivors of Brain Injury, promotes community engagement, provides mentorship training, and advocates for prevention & recovery.

All photos in this brochure are young people recovering from brain injuries.

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Facebook: www.fb.me/HeadStrongforLifeWA
email: info@headstrongforlife.org
website: www.headstrongforlife.org
Who is HeadStrong:

HeadStrong is a non-profit organization based in the Puget Sound region that provides support for young survivors of brain injury and their families. We are families, friends, and professionals who believe our young people can have improved recoveries with better support when they return to home and school.

HeadStrong is committed to the prevention of these devastating injuries. Please visit our website at www.headstrongforlife.org to learn about our partnerships with other organizations to further TBI support, prevention, training, and advocacy.

What Does HeadStrong Do?

Family Events
Our regular “kick back and have fun” youth & family events include outdoor adventures with Outdoors For All, aquarium visits, craft parties, and more. This is a terrific way for you to meet other families in a relaxed social environment and build a sense of community.

Harborview Tote Outreach
HeadStrong Totes are given to families while their child is in the Harborview PICU. The Totes include: blanket (parents often sleep in the waiting room), personal care items, snacks, notebook, and resource support materials. The Totes give tangible, personal support to families and let them know they are not alone.

Mentor Training
Coming home from the hospital is joyful, but it can also be very stressful. HeadStrong provides a 3-part mentor training program to help. Our training gives caregivers tools to help youth rebuild identity, meet challenges & resolve conflicts; and engage in meaningful activities and projects. These tools help families create successful relationships after brain injury.

To Youth & Families,

We understand that at each phase of healing you may need different kinds of support.

Whether your injury was several months or several years ago, we are here to be of service.

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