

OUR MISSION

HeadStrong fosters inspired communities around young people living with brain injury, supporting them to build powerful lives.

HEADSTRONG



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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?

Social Events

Our social events include outdoor adventures with Outdoors For All, aquarium visits, craft parties, and more. This is a terrific way to meet people in a relaxed social environment and build a sense of community. Families and friends are welcome and events are free to all.



Harborview Tote Outreach

HeadStrong Totes are given to families while their child is in the Harborview Pediatric ICU. The Totes give tangible, personal support to families and let them know they are not alone.

HeadStrong Training

Our training program helps professionals, educators, family members, and people living with brain injury to increase understanding and grow skills to help people as they are rebuilding their lives. relationships after brain injury. Topics include:

- *Injury and Neuroplasticity – *New Connections*
- *Rebuilding Identity after Brain Injury
- *Conflict Resolution – *Building trust in difficult times*
- *Meaningful Activities – *Doing what you love*

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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