



The art of moving forward

This project aims to bring together multiple stroke survivors left with mild to severe deficits, and encourage them to express themselves, their experiences and their journey through art. Despite the heterogenous experiences of each patient, we want to emphasize the importance of **togetherness**, **peer support** and **collectivity**.

Therefore, we thought of creating a collective art movement to give people the opportunity to narrate their stroke journey towards recovery. By doing this, we hope that the success stories of stroke survivors will inspire and motivate other neurological patients towards recuperation and give them hope.

Join the movement on <https://en.demasquerlavc.com/>

Who are we?

Stroke Aware is an initiative created in 2019 that aims to empower and enable individuals to respond in the best possible way if they, or someone close to them, find themselves in the extreme emergency of stroke. This is done through workshops offered to members of our community, primarily of at-risk populations, but also of those around them, that focus on primary and secondary stroke prevention.

What is our goal?

In the past year, we have had the chance to give multiple conferences regarding stroke prevention in several companies and community centers on the island of Montreal, reaching hundreds of people from different ages and backgrounds. Throughout discussion with the members of our community, we have realized the importance and necessity of such initiatives, as well as the lack of exposition to medical education that exists in our society.

Why this project?

This project aims to bring together multiple stroke survivors or care givers to a stroke patient, and encourage them to express themselves through art.

This will not only raise **awareness** to the public, but also **motivate** and **inspire** stroke patients during the difficult time of confinement and social distancing.



THE **ART** OF SHARING **YOUR** STORIES...

This project is addressed to any stroke survivor or caregiver to a stroke patient that wants to share their story

How can you participate?

Draw a **piece of art** representing your stroke journey towards recovery

Tell us about **your story**
(write about your experience)

Share it with us!

With your *authorization*, your piece of art and/or your story will be posted on our **facebook page**, our **website** and **instagram page** to emphasize the importance of *togetherness, peer support and collectivity*

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