



Migraine[®]
Canada



Your Impact So Far This Year

A Donor Impact Snapshot
January - July 2026



Dear Migraine Canada Supporter,

Thank you for standing with Migraine Canada and with the millions of people across Canada who live with migraine.

Migraine affects more than 6 million Canadians. It is a complex neurological disease that can impact work, school, family life, mental health, relationships, and daily wellbeing. Yet too many people living with migraine are still misunderstood, dismissed, or left to navigate their condition without support.

Because of donors like you, Migraine Canada has continued to provide trusted education, practical resources, community connection, patient-centred support, and advocacy for better understanding and access to care.

Here is what your support has helped make possible so far in 2026.



2026 Progress at a Glance

So far this year, Migraine Canada has made meaningful progress across education, support, awareness, advocacy, research, and community engagement.



9

“Migraine Matters”
webinars completed
in Q1 & Q2



75%

of the annual
webinar goal
reached



69%

of the way toward
the 2026 webinar
registration target



4

additional webinars
scheduled for the
coming months



27

community bulletins
issued (exceeding the
annual target)



11,000+

Community Bulletin
subscribers



221

Healthcare
Professional
“Migraine Minute”
bulletin subscribers



25+

Migraine Minute
videos published
this year

These efforts help people access credible information, understand migraine as a neurological disease, and feel more confident speaking with health care providers, employers, families, and peers.

Mission Moment



"Thank you for your very helpful, life-improving work!"

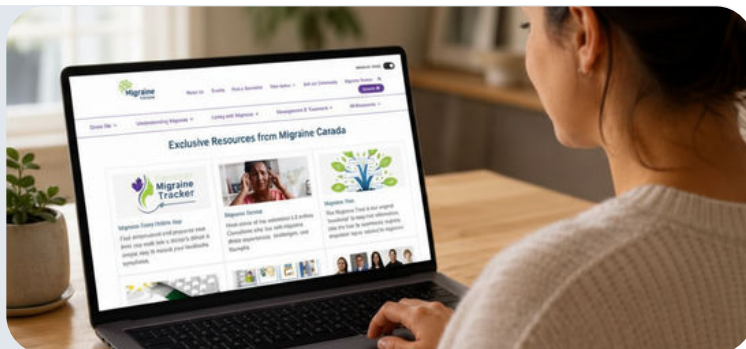
"I'm thrilled with the website. On a migraine day, the website in migraine mode is a game changer looking for information"

"I have been a member of Migraine Canada for a while, and I love all the webinars and the info you provide for the public. Thank you and others for your hard work to make this happen."



Support and Practical Resources

Migraine can be isolating. Many people live with symptoms others cannot see and spend years looking for answers, treatment, or support. Migraine Canada helps create places where people can learn, ask questions, connect, and feel less alone.



So Far This Year:



18

support group meetings were held, with

186

registrations



179

emails and

120



phone calls answered through community assistance



45%

Increase in email inquiries year over year



144%

Increase in phone inquiries year over year



7,091

downloads recorded in the Resource Library



4,898

users accessed downloadable resources



Resources such as Migraine Canada's discussion guide help people prepare for medical appointments, raise key concerns, and make informed decisions with their health care provider.



32,877

active users on the Canadian Migraine Tracker App



10,626

monthly users, with an average of **2,500** daily users

Behind each inquiry, download, or app user is a person trying to better understand and manage their migraine journey. Your support helps make sure practical help is available when people need it.



Move for Migraine 2026

Move for Migraine 2026 brought people together across Canada to raise awareness, build community, and support people affected by migraine.

This Year:



450

participants
took part



31

teams
registered



16

teams
were active



194

donors
gave in
support



\$12,848

was raised



4

in-person events were held in
Vancouver, Calgary, Toronto,
and London



The step challenge
exceeded its goal of
20 million steps

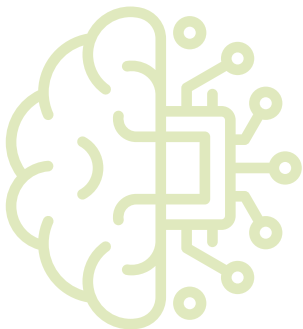
Move for Migraine far exceeded its participation goal and showed the power of community action. People moved, fundraised, shared stories, supported loved ones, and helped bring visibility to a disease that is too often invisible.



The live event in Calgary was awesome, the beautiful location, the informative signs, and the casual, inclusive atmosphere filled with families and dogs made us feel completely comfortable and supported. We left feeling so inspired and are already looking forward to next year—and bringing a bunch more people with us!



Growing Reach & Sustainability



Your support also helps Migraine Canada reach more people and build the foundation needed to keep this work moving forward.

Growing Our Reach



190,013

Website page views



82,003

Unique website users



5,869

Instagram followers



6,604

Facebook followers



1,141

LinkedIn followers



1,962

YouTube subscribers

Building for the Future



5

conferences and shows
to raise awareness



219

donors supported Migraine
Canada in the first six
months of 2026, a

↑ 56%

increase from the same
period last year



10

grant applications and

1

letter of intent were
submitted



18

Monthly donors



Strengthening our Foundation

To strengthen donor management and communications, Migraine Canada completed its migration to Keela.



This behind-the-scenes work helps Migraine Canada plan with greater stability, improve communications, and continue serving the migraine community with care and accountability.

What's Next

In the coming months, donor support will help Migraine Canada advance key priorities, including:

NEW



Mindfulness Everyday

In collaboration with Mindfulness Everyday, Migraine Canada will launch a four-week pilot program this fall, offering accessible, evidence-informed mindfulness practices to support wellbeing, coping, and daily life with migraine.

NEW



Mind Your Meds

A monthly virtual education program led by a pharmacist specializing in migraine care, offering expert guidance and live Q&A on treatments, side effects, and related topics.

Continuing Our Work

Migraine Canada will also continue moving forward with:



Webinars



Support Groups



Patient Engagement



Workplace Education



Research



Advocacy & Resources

Thank You

Thank you for believing in Migraine Canada and in the people we serve.

Your support helps people living with migraine find credible information, practical tools, and a community that understands the reality of this disease. It helps patient voices be heard, strengthens awareness, and supports the call for better care.

Most of all, it helps remind people affected by migraine that they are not alone.

With sincere gratitude,
Migraine Canada

