



MIGRAINE CANADA

2025

ANNUAL IMPACT REPORT

Improving the Lives of Canadians Living with Migraine

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MESSAGE FROM LEADERSHIP

Wendy Gerhart, Executive Director and Evan Lawlor, Board Chair

To the Canadian Migraine Community,

2025 was a year defined by momentum, resilience, and a deepened commitment to the millions of Canadians living with migraine. It is our honour to present our 2025 Annual Report, reflecting on a period of significant growth and advocacy for the community we serve.

The milestones highlighted in this report are a reflection of the strength and commitment of our community. They were made possible through the unwavering generosity of our donors, the dedication of our volunteers, and the strategic collaboration of our partners. We are especially encouraged by the remarkable growth in individual giving, with personal donations increasing by 94% in 2025 compared to 2024. This is a powerful demonstration of the community's belief in our mission and the impact of our work.

To our team, volunteers, donors, and supporters, thank you for your passion, diligence, and commitment to ensuring that no Canadian has to navigate this neurological disease in isolation. Your support is helping us build a stronger, more sustainable future for everyone affected by migraine.

As a national charitable organization, we recognize that while every individual's journey with migraine is unique, our collective voice is our greatest strength. Our work remains rooted in a patient-centred approach, ensuring our initiatives respond to the barriers medical, social, and professional that our community faces daily.

Through our Awareness Campaigns, we expanded our digital footprint. We grew our flagship Move for Migraine initiative, reaching more Canadians than previous years and making critical inroads with employers and healthcare providers. Our Education and Support Programs saw significant scaling; delivering over a dozen webinars to thousands of participants and launched more than a dozen new tools, including our clinical discussion guide and updated treatment guides to align with the new treatment guidelines. To foster a deeper community, we expanded our virtual support groups to include evening, daytime and pacific times zone sessions, ensuring no one faces this disease alone.

Our Advocacy efforts remained diligent representing the patient voice at provincial, national, and international levels. By presenting at major conferences and engaging directly with government agencies and insurers, we fought for equitable access to life-changing treatments and better standards of care. Together, these initiatives reflect our unfaltering commitment to a patient-centred approach that impacts our community.

While we celebrate the progress made in 2025, our focus is firmly on the future. In 2026, Migraine Canada will advance advocacy efforts to improve access to timely diagnosis, evidence-based treatment, and equitable care while helping shape policies that eliminate unnecessary barriers for patients and reduce administrative burden on healthcare providers and public healthcare systems across Canada. We will continue to advocate

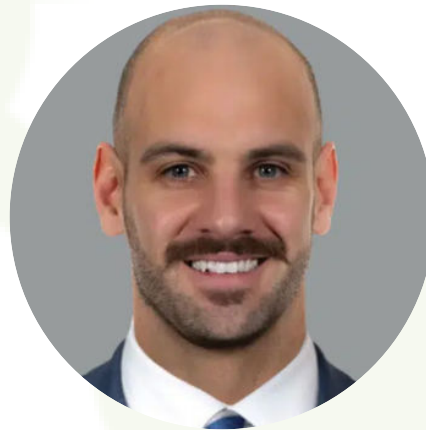
MESSAGE FROM LEADERSHIP CONT'D

or earlier diagnosis, timely treatment initiation, and reimbursement policies that reflect current evidence. At the same time, we will expand our Workplace Program to better support employers and employees, grow our education and peer support programs, and strengthen partnerships that drive meaningful, lasting improvements in migraine care and quality of life for Canadians living with migraine.

Thank you for being an integral part of this journey. Together, we are not just raising awareness, we are shaping a future of better care and lasting hope.



Wendy Gerhart
Executive Director



Evan Lawlor
Board Chair

ABOUT MIGRAINE CANADA

OUR MISSION



To improve the lives of Canadians with migraine and other headache disorders through advocacy, awareness, education, research and support.

OUR STRATEGIC PILLARS

Our mission is accomplished through 5 core pillars:



Support

Creating programs and services that connect, empower, and assist individuals living with migraine



Education

Developing and sharing trusted, evidence-based information to help people better understand and manage migraine.



Awareness

Increasing recognition of migraine's debilitating impact among the public, policymakers, healthcare providers, and workplaces.



Advocacy

Championing improved recognition of migraine and equitable access to timely, effective care.



Research

Supporting and promoting research for data collection to deepen understanding, improve treatments, and inform evidence-based care.

OUR HISTORY

2018



Founded by Dr. Elizabeth Leroux as a national non-profit organization dedicated to supporting Canadians affected by migraine.

2022



Achieved charitable status, strengthening its capacity to expand programs, partnerships, and impact nationwide.

TODAY



Guided by a Board of Directors and supported by our Operations Team, advancing our mission and growing our impact across Canada.

Today, Migraine Canada is guided by a Board of Directors composed of healthcare professionals, nonprofit leaders with diverse skillsets strengthening the governance and expertise within the organization. In collaboration with the Operations Team, the Board provides strategic oversight and supports the organization's mission and growth.

WHO WE SERVE

6+ MILLION

Canadians living with migraine and other headache disorders.



People living with migraine



Families



Caregivers



Employers



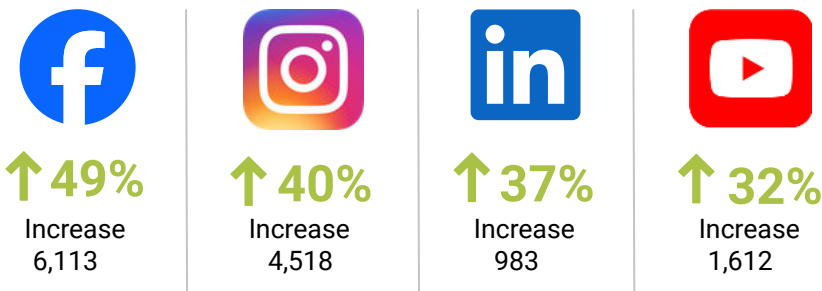
Healthcare Providers

Migraine Canada supports the more than 6 million Canadians living with migraine and other headache disorders. Through education and support, we also serve their families, caregivers, employers, and healthcare providers by helping to build understanding, improve care, and reduce the burden of migraine across communities.

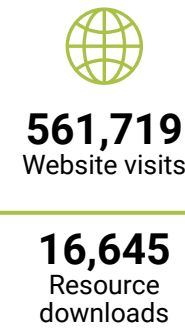
YEAR IN REVIEW — HIGHLIGHTS

These highlights by the numbers reflect our growth, impact, and the unwavering commitment of our community in 2025.

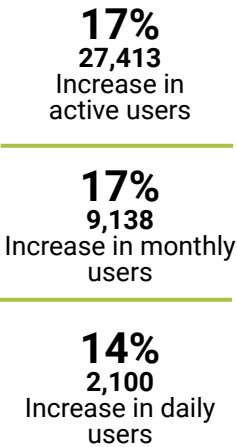
COMMUNITY & DIGITAL REACH



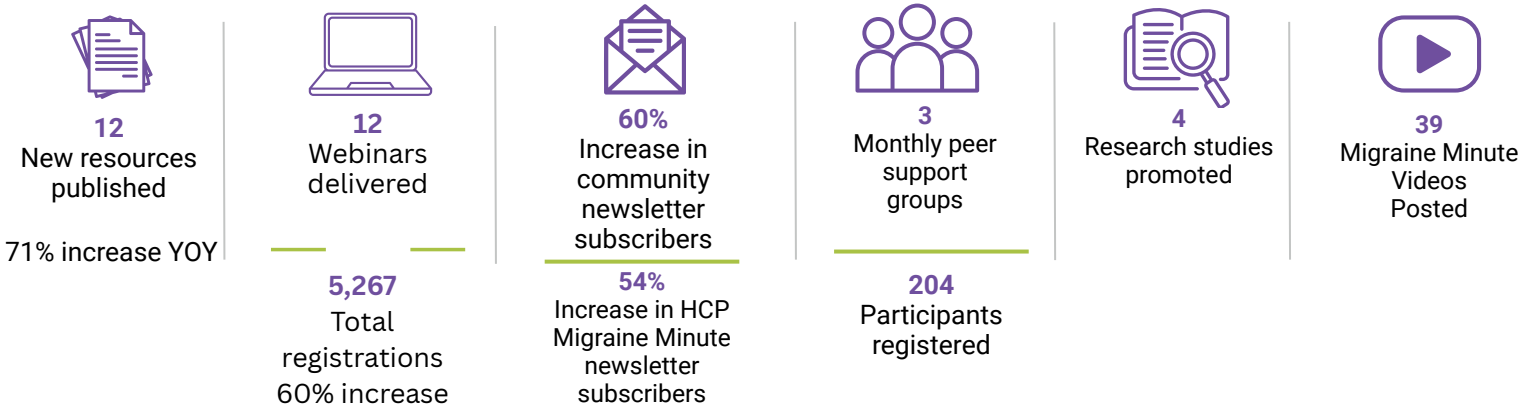
WEBSITE & APP



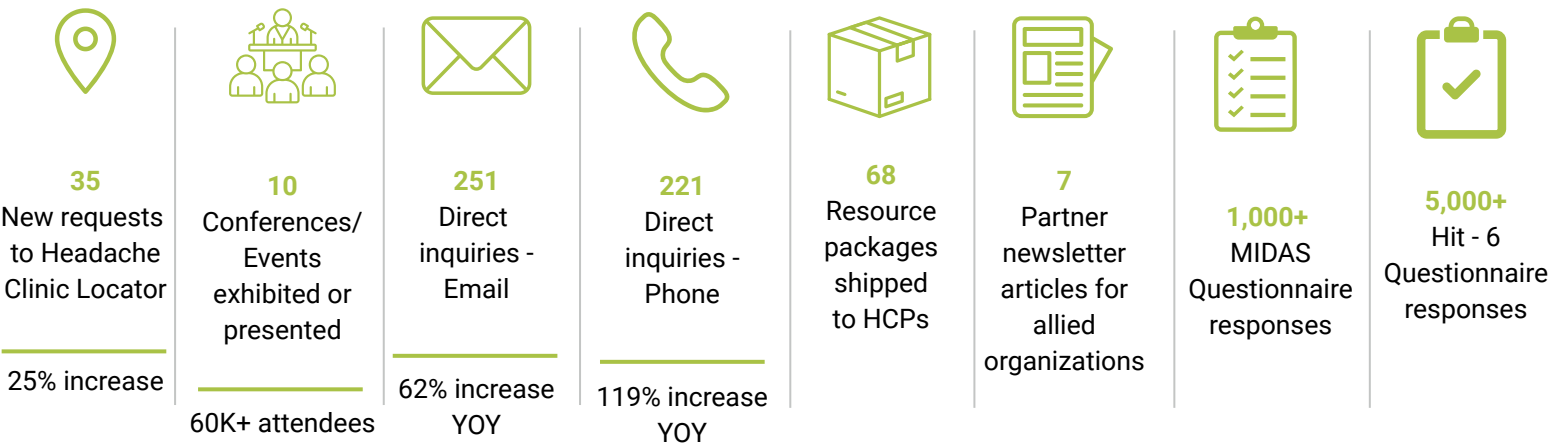
CANADIAN MIGRAINE TRACKER APP



EDUCATION & SUPPORT



ENGAGEMENT & OUTREACH



MAJOR ACCOMPLISHMENTS



Website Redesign

In 2025, Migraine Canada undertook a comprehensive website redesign to enhance user experience and accessibility. The new platform features an engaging, intuitive design structured around user personas, allowing individuals to easily navigate and access content and resources tailored to their needs. By popular demand, it also now offers a Dark Mode feature, ensuring its accessibility for people during a migraine or headache attack.



Move For Migraine Campaign & In Person Events

In its fourth year, the 2025 Move for Migraine campaign set an ambitious goal of increasing participation by 20%. This target was significantly exceeded, with a 54% increase in individual participants and a 40% increase in teams.

The June 2025 campaign was reimagined around a collective community goal: to log enough steps to “walk across Canada.” The community embraced the challenge, surpassing the 10 million-step milestone with 11,806,621 steps tracked and \$10,160 raised. The campaign also strengthened opportunities for connection, with three successful in-person meetups held across the country, exceeding the two originally planned.

Community awareness was further amplified throughout the month, with 26 landmarks across Canada illuminated in purple to raise visibility for migraine and show support for the millions of Canadians living with the disease.

Thank you to everyone who participated and supported our activities.



54%
increase in
individual
participants



40%
increase in
teams



\$10,160
raised



11,806,621
Steps tracked



26
Landmarks
Illuminated





Patient Discussion Guide

A Patient Discussion Guide was developed in response to insights gathered through patient roundtables, which identified common gaps, concerns, and questions among people living with migraine. The guide provides practical considerations and suggested questions to support more informed and productive conversations between patients and their healthcare providers about personal goals and treatment journeys.



The guide continues to be a popular resource, with over 1300 downloads from it being launched on May 21 – December 31 in 2025.

This resource reflects a collaborative and patient-centered approach. We worked closely with patient representatives to ensure a deep understanding of their experiences and needs. Their time, insights, and contributions were instrumental in shaping the guide, helping to ensure it is relevant, practical, and responsive to the real-world challenges faced by those living with migraine.

“

I wish I had this guide 20+ years ago. It would have helped me identify all the symptoms I never realized were connected to migraines, gotten the care I need, be taken more seriously by physicians who didn't fully understand migraines, and be kinder to myself about the mental health impacts I didn't understand at the time. I'm convinced this guide will tremendously improve migraine care for patients, and I'm extremely grateful to the team at Migraine Canada for creating and championing such an invaluable resource.

– Kris, patient roundtable participant

”



Migraine Minute

In 2025, we launched Migraine Minute, a new series of short educational videos developed in collaboration with migraine expert, Nurse Practitioner Christie Tait. In 2025 39 videos were launched.



Released regularly, the series provides practical, evidence-based information on topics that matter most to people living with migraine.

Migraine Minute also extends the value of key educational resources including patient-centred communication tools, models of care, and other clinical resources. By delivering trusted information in an accessible format, the series empowers individuals to better understand and manage their migraine, supporting more informed conversations with healthcare providers and ultimately contributing to improved health outcomes.



Needs Assessment Survey

Launched in fall 2025, the Needs Assessment Survey received

322

responses

providing valuable insights into how Migraine Canada's programs, supports, and resources are meeting the needs of the community. The findings will inform ongoing evaluation, highlight opportunities for improvement, and help shape future priorities.

PARTNERSHIPS

Strengthening Relationships Across Canada

Migraine Canada continues to strengthen and expand its network of partnerships with patient advocacy groups, professional organizations, and allied healthcare providers across the country. These collaborations are central to advancing awareness, education, and advocacy, while improving care and access for people living with migraine.



PARTNERSHIP HIGHLIGHTS



Canadian Headache Society

In 2025, we deepened our collaboration with the Canadian Headache Society, including serving on their Advocacy Committee and exhibiting at their annual conference to connect with healthcare professionals and share Migraine Canada's educational resources. We also partnered on four newsletter articles, extending the reach of evidence-based migraine information within the clinical community.



Conference Board of Canada

Our partnership with the Conference Board of Canada supported both knowledge exchange and employer engagement. We facilitated a session on chronic pain management in the workplace for HR professionals and collaborated on recruitment efforts for our national workplace roundtables, strengthening employer participation in our Canadian Workplace Program.



Canadian Pharmacists Association & Women's Health Coalition

We continued to collaborate with national health organizations to broaden awareness of migraine and its impact. This included a partnered article with the Canadian Pharmacists Association, as well as a co-hosted webinar on women and hormones with the Women's Health Coalition, addressing an important and often under-recognized aspect of migraine care.



AWARDS AND RECOGNITION

Migraine Canada's Primary Care Pediatric Dosing Recommendations received the Canadian Society of Healthcare Systems Pharmacy Award for Excellence in Pharmacy.

COMMUNITY & GLOBAL

Partnerships

Expanding and strengthening community partnerships remains a strategic priority. At the community level, Migraine Canada supported a pediatric-focused event at the London Health Sciences Centre, helping to raise awareness and provide resources for young patients and their families. We also continued to expand our community partnerships with allied organizations such as the Fibromyalgia Association of Canada, Mood Disorders Society of Canada, and Brain Injury Association of Canada through cross-promotion of our resources and programs. These collaborations strengthen our ability to reach underserved communities, address the complex and often overlapping challenges faced by people living with chronic neurological and pain conditions, and amplify our collective advocacy efforts. By working together, we can share resources, broaden our impact, and advance a more integrated and patient centred approach to care.



COMMUNITY PARTNERSHIPS



INTERNATIONAL PARTNERSHIPS

Internationally, we continued to strengthen relationships across the global migraine and headache community, we participated as a speaker at both the European Migraine & Headache Alliance (EMHA) conference in Brussels and the Coalition for Headache and Migraine Patients (CHAMP) annual meeting. We continue to work with our international partners to share best practices and support in patient advocacy, in particular, Migraine Ireland, Migraine Trust, and the World Migraine Summit. These engagements reinforced our connections to advance patient advocacy and support improved outcomes for people living with migraine.



Together, these partnerships enhance our national reach, strengthen our advocacy efforts, and help build a more connected and informed community to support Canadians living with migraine.



ADVOCACY

Improving Access to Care in Canada

Migraine Canada continued to be a strong national voice for people living with migraine, advocating for equitable and timely access to evidence-based treatments and care across the country. Our advocacy included submissions to Canada's Drug Agency (CDA) and the Institut national d'excellence en santé et en services sociaux (INESSS), ensuring that the patient voice and real-world experiences are considered in treatment assessments and reimbursement decisions.

Throughout the year, Migraine Canada engaged with provincial and territorial Ministries of Health, public drug plans, policymakers, and healthcare stakeholders to identify opportunities to improve migraine care and reduce barriers to treatment. We advocated for policies that reflect current clinical evidence, reduce administrative burden on healthcare providers, and improve outcomes and quality of life for the millions of Canadians living with migraine.

Migraine Canada was also invited to support and partner with the Women's Health Coalition in advancing Senator Danielle Henkell's Bill S-243, the Women's Health Framework. The proposed legislation would establish a national framework for women's health and, importantly, create a legislated mechanism for government accountability, helping ensure that women's health remains a measurable and ongoing government priority rather than relying solely on individual commitments or initiatives. Migraine Canada is proud to bring the migraine patient perspective to this broader discussion and to support efforts to address longstanding gaps and inequities in women's healthcare. Through these efforts, Migraine Canada continues to help shape health policy and advance a healthcare system where Canadians living with migraine can access the right care, at the right time, regardless of where they live or their circumstances.

Advancing a National Model of Migraine Care

Migraine Canada was honoured to participate in a national roundtable commissioned by the Canadian Headache Society to inform the development of a Canadian Model of Care for Migraine. Bringing together leaders from clinical care, patient organizations, healthcare, industry, and health system transformation, the initiative focused on improving access to evidence-based care, strengthening integrated care pathways, and ensuring a patient-centred approach to healthcare delivery.

As the voice of the migraine community, Migraine Canada contributed valuable insights on the lived experience of migraine and the barriers patients face in accessing timely, effective care. Our participation reflects our ongoing commitment to advancing migraine care in Canada and ensuring the patient perspective is represented in healthcare planning and system improvement efforts.

Coalition Engagement

Migraine Canada continues to be an active member of several national and provincial coalitions, including the Best Medicines Coalition, MedAccess BC, and the Alberta Health Coalition. Participation in these collaborative networks strengthens our ability to stay informed on emerging healthcare policy issues, contribute the migraine patient perspective to broader discussions on access to care, and work alongside like-minded organizations to advance equitable access to treatments and health services. Through these partnerships, Migraine Canada helps ensure the needs of people living with migraine are considered within the broader healthcare landscape across Canada.



PROGRAM GROWTH, REACH & STRATEGIC IMPACT

Community Engagement

In 2025, Migraine Canada experienced significant growth in its community reach and digital engagement.



Growth was also evident across our app-based subscriber base, which increased by 31% in 2025 and at year end 2025 was approaching 100,000 subscribers. This expansion reflects strong demand for accessible, digital-first migraine education and support tools, and reinforces the importance of continued investment in scalable, patient-centered communication channels.



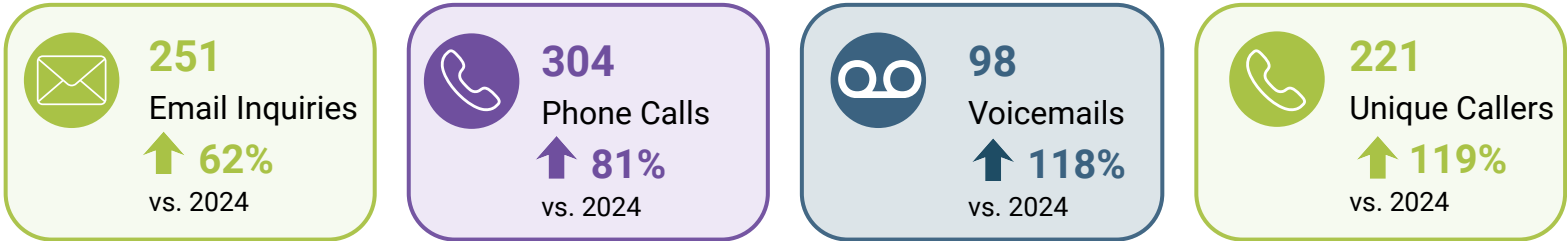
Our bulletin engagement metrics also strengthened considerably. Open rates increased by 98% year-over-year, placing Migraine Canada well above sector benchmarks. When compared to industry averages, our open rate was approximately 30% higher and our click-through rate 11% higher, demonstrating the effectiveness of our communications in reaching and resonating with our audience.



Social media channels also saw strong and sustained growth throughout 2025, further extending Migraine Canada’s reach and visibility across diverse audiences. Facebook grew by more than 49%, reflecting increased community engagement and sharing of educational content. Instagram followers increased by 40%, supported by visually engaging awareness campaigns and accessible health messaging. LinkedIn grew by 37%, strengthening our reach within professional networks and enhancing opportunities for partnership and sector collaboration.



COMMUNICATIONS IMPACT IN 2025



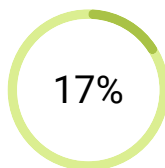
SOCIAL MEDIA GROWTH IN 2025



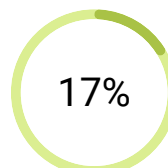
“ I have been a member of Migraine Canada for a while, and I love all the work/ webinars and the info you provide for the public. Thank you and others for your hard work to make this happen. ”
– Community Member

CANADIAN MIGRAINE TRACKER APP

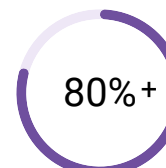
Since acquiring the Canadian Migraine Tracker app from the Canadian Headache Society, we have realized steady growth. The bi-lingual app continues to be free and in 2025 was used by over 25,000 individuals.



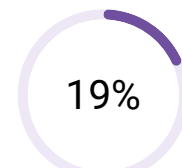
Increase in
users



Increase in
monthly users



Users in Canada



International
users

“First, I just want to thank you for all that you do! As someone who has recently been diagnosed with chronic migraine, I’m on a huge learning curve and I am endlessly grateful to have a reliable source of information and resources – all thanks to you! But why I’m writing is about the migraine tracker app. I love this app, and I am really grateful for it...”

– Sharon, Canadian Migraine Tracker app user

MIGRAINE MATTERS MONTHLY WEBINAR SERIES

The Migraine Matters webinar series delivers expert-led content on topics identified by our community as most relevant and needed. Sessions are practical, responsive to real-world challenges, and provide valuable opportunities for participants to engage directly with experts through live Q&A. Speakers are selected for their expert knowledge and engaging presentation skills



12

Webinars Hosted

GOAL: 10
EXCEEDED



2.5%

Increase in
registrations



Live Q&A

Engage directly
with experts

Migraine Matters

WEBINAR SERIES

In 2025, we held 12 webinars, with topics spanning a broad range of areas, including treatment approaches, complementary care options (such as medical devices and occupational therapy), and co-existing conditions such as adult ADHD and fibromyalgia.

The series also featured a two-part mental health segment, sessions focused on women’s health, and practical guidance on disability and the duty to accommodate in the workplace.

“The webinars were a turning point. Listening to knowledgeable pain specialists speakers opened my eyes to treatment options I never knew existed. I learned about specific migraine programs and pain specialists I could share with my doctor. I also learned how to navigate workplace accommodations and disability policies in Canada, through industry experts and advocates. I learned that I deserved care, and that better care was possible, as well as how to access it.”

– Nida, webinar attendee

PEER SUPPORT PROGRAM



In 2025, our peer support program expanded from one to three monthly groups, improving accessibility for participants across different time zones and schedules. Facilitated by trained volunteer peer support leaders, these groups have provided a safe, supportive space for more than 110 individuals to share experiences and connect with others living with migraine.



110+

participants connected



GOAL

Expand our pilot program to two regular monthly groups



RESULT

Exceeded, with three active regular monthly groups

“ While dealing with chronic Vestibular migraines, I finally found these groups that would allow me to feel less alone, understood and received a great deal of helpful informations. Thank you ❤️

– Jessica, Support Group Attendee ”

“

I just love being able to talk and share with a group that really understands what I’m going through. Exchanging experiences and coping mechanisms really helps me cope better and feel heard.

– Suzanne, Support Group Attendee ”

“

I have enjoyed attending the groups as I feel welcome. I feel supported and I learn things from the facilitators and other attendees. I appreciate the support as having chronic migraine can be very difficult, and very lonely. I hope you will create more monthly groups and I plan to attend when I can. Thank you!

– Joanna, Support Group Attendee ”

CANADIAN WORKPLACE PROGRAM

In 2025, we advanced the development of Migraine Canada's Canadian Workplace Program, laying a strong foundation for its launch in 2026. Through research, collaboration, and stakeholder engagement, we conducted a series of workplace roundtables and an environmental scan to better understand the challenges, needs, and existing supports for employees living with migraine.

The initiative engaged 16 employers from large Canadian organizations and 10 employees through focus groups and discussions, culminating in a comprehensive report that captured key insights and recommendations. These findings will directly inform the program's strategy, resources, and delivery.

Building on this work, Phase 2 will equip employers with practical tools, education, and training to create more migraine-inclusive workplaces. By bridging the gap between medical needs and professional environments, the program aims to improve understanding, reduce stigma, support appropriate workplace accommodations, and help Canadians living with migraine thrive at work.



16
Employers
from large Canadian organizations



10
Employees
engaged through focus groups and discussions

Key Deliverables in 2025



Workplace
Accommodations
Guide



Employee
Benefits FAQ



Workplace
Program
Infographic



Draft Workplace
Survey, Launched
in 2026

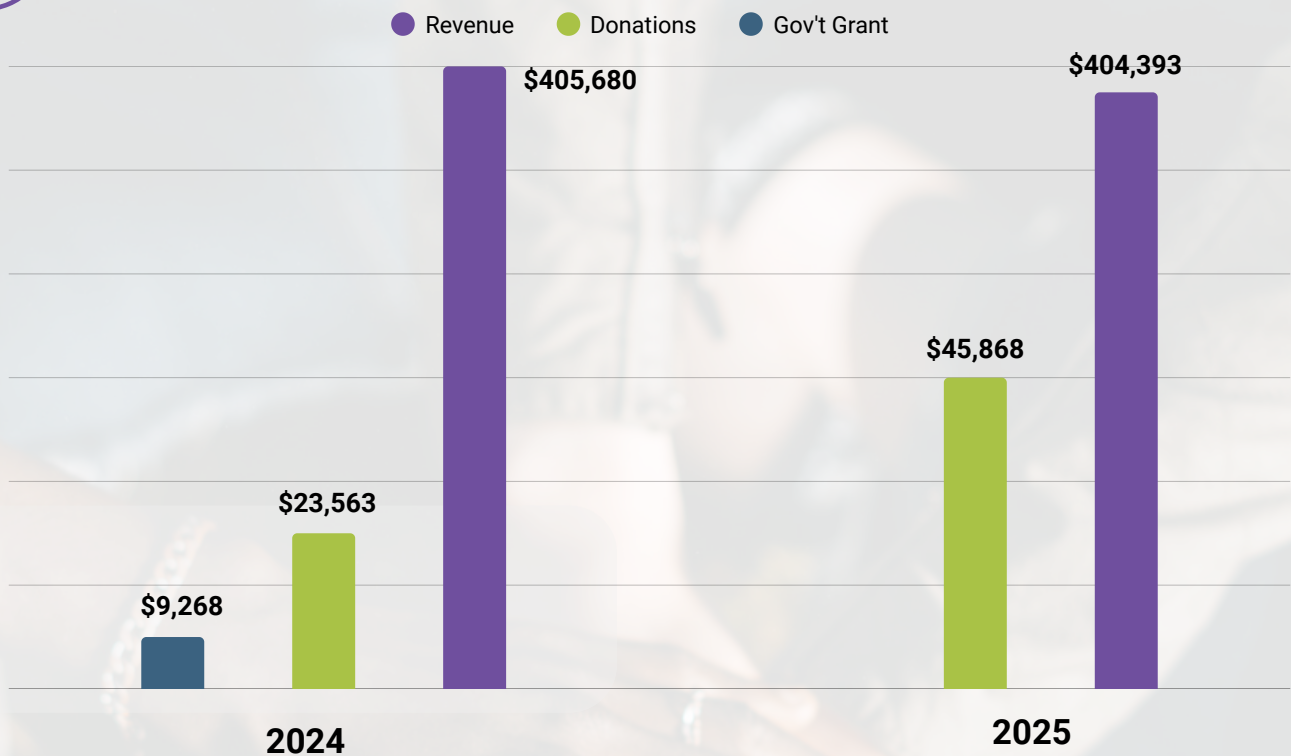


In addition, we facilitated a session with the Conference Board of Canada on chronic pain management in the workplace, engaging HR professionals in practical strategies to better support employees living with migraine and other chronic conditions.

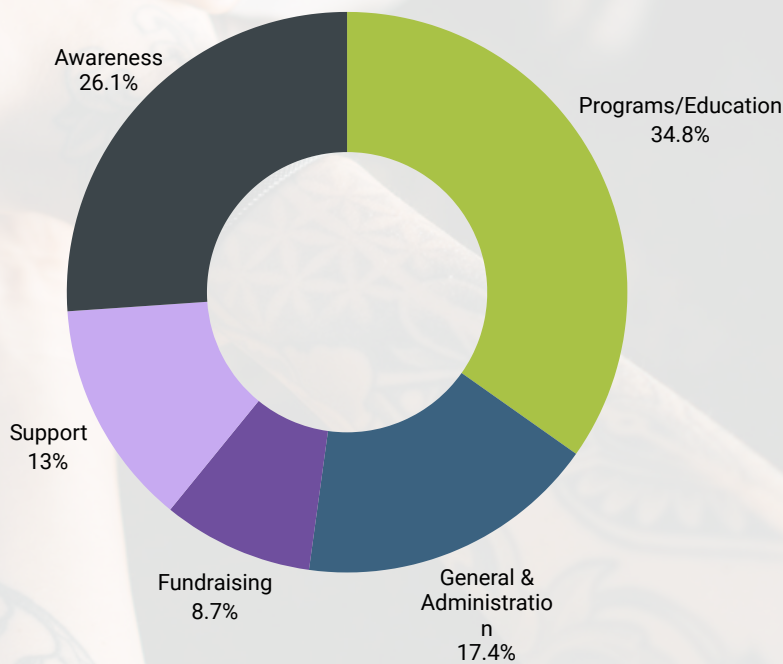
FINANCIAL OVERVIEW



2-Year Revenue Comparisons



Fund Allocation



Revenue Sources for 2025

- Donations / Individual Giving \$404,393
- Corporate Giving \$45,868

DONOR & PARTNER RECOGNITION

The commitment of our supporters and partners has made meaningful progress possible for Migraine Canada. Together, we are increasing awareness, equipping individuals with knowledge and resources, and challenging stigma. We are deeply grateful for the role our supporters and partners play in these achievements and look forward to continuing this important work together in the years ahead.



94%

INCREASE IN PERSONAL DONATIONS COMPARED TO 2024



Growing for the Future

In 2025, Migraine Canada made a strategic investment in its long-term growth and financial sustainability by engaging external expertise to support business development and fundraising. This work focused on identifying new revenue opportunities, strengthening corporate and philanthropic partnerships, and developing a diversified funding strategy to ensure the organization’s future stability. By building a more sustainable financial foundation, Migraine Canada is better positioned to expand its programs, amplify its advocacy efforts, and continue improving the lives of the millions of Canadians living with migraine.

Corporate Sponsors

 PLATINUM



 SILVER



 BRONZE



Community Partners



Foundations & Major Donors

Doug and Sandy Richardson Foundation

The Barnes Family Foundation

VOLUNTEERS & COMMUNITY ENGAGEMENT



TOTAL
VOLUNTEERS
IN 2025

47

Migraine Canada is powered by a growing network of dedicated and highly skilled volunteers who play a vital role in advancing our mission. From shaping trusted educational resources to strengthening our advocacy efforts, volunteers help amplify the voices of people living with migraine across the country. Their lived experience, professional expertise, and commitment to change enable us to drive awareness, influence policy, and improve access to care for Canadians affected by migraine.



Medical Contributors

Our medical contributors are a valued group of clinicians and healthcare professionals who ensure the accuracy, relevance, and credibility of our work. They contribute their time and expertise to develop and review educational resources, participate in webinars, and support knowledge translation for our community. Their involvement strengthens our advocacy by ensuring that our messaging is grounded in the latest evidence and clinical best practices. We are deeply grateful for their ongoing contributions.

Visit our website to view the full list of medical contributors.

Patient Advisory Committee

Members of our Patient Advisory Committee bring essential perspectives grounded in lived experience. Their insights inform all aspects of our work -from resource development to advocacy priorities, ensuring that the needs of people living with migraine remain at the center of everything we do. Their contributions include reviewing materials, identifying gaps in care, and actively advocating for improved policies, awareness, and access to treatment.

Peer Support Group Facilitators

Our peer support group facilitators are compassionate leaders who create safe, inclusive spaces for individuals living with migraine to connect and share. Through their guidance, participants find understanding, validation, and practical coping strategies. Facilitators not only foster community but also contribute to advocacy by identifying common challenges and unmet needs, helping to inform our broader initiatives.

Focus Group Participants

Our focus group participants play a critical role in shaping programs, resources, and advocacy initiatives. By sharing their experiences and perspectives, they help us better understand the evolving needs of the migraine community. Their input directly informs the development of patient-centered tools and programs, ensuring our work remains relevant, inclusive, and impactful.

In-Person Event Volunteers

Volunteers who support our in-person events are essential to building meaningful community connections and raising awareness about migraine. From event planning and coordination to on-site support and outreach, their efforts help create welcoming, informative, and engaging experiences for attendees. These volunteers serve as ambassadors for Migraine Canada, helping to amplify our advocacy messages and extend our reach within local communities.

GOVERNANCE & LEADERSHIP

Board of Directors

Migraine Canada is guided by a dedicated Board of Directors whose leadership and expertise are central to advancing our mission. Each member brings a unique perspective and professional experience, strengthening our governance and supporting our efforts to improve the lives of Canadians living with migraine.

In 2025, we were pleased to welcome Dr. William Kingston and Samir Kulkarni to the Board. Their insights and contributions further enhance our capacity to lead, grow, and advocate for meaningful change.

Our Board of Directors



Evan Lawlor
Chair

Edmonton, Alberta



Louis Zhang
Treasurer

Toronto, Ontario



Jillian Reardon
Secretary

Vancouver, British Columbia



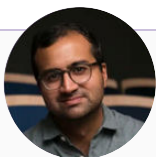
Dr. Werner Becker
Director

Calgary, Alberta



Dr. Will Kingston
Director

Toronto, Ontario



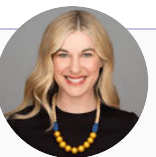
Samir Kulkarni
Director

Toronto, Ontario



Dr. Elizabeth Leroux
Founder, ex-officio Board member

Montreal, Quebec



Meredith Maxwell
Director

Lincoln, Ontario



Lindsay Neeley
Director

Ottawa, Ontario



Boris Nevelev
Director

Toronto, Ontario



T.J. Shin
Director

Edmonton, Alberta

OPERATIONS & LEADERSHIP

Migraine Canada continued to strengthen its operational capacity in 2025. To further support organizational growth and sustainability, we added a new Business Development role focused on foundations, grants, and fundraising initiatives. This strategic investment enhances our ability to secure sustainable resources, build and deepen partnerships, and support long-term organizational growth and impact. In parallel, through collaboration with the Metropolitan University Social Work program, we welcomed four student placements throughout the year. This initiative creates meaningful, hands-on learning opportunities for students while also strengthening Migraine Canada’s capacity to engage with communities, support program delivery, and advance our mission through fresh perspectives and emerging professional expertise.

New

Business Development
Position

4

Student Placements
in 2025

Leadership Team



Scientific Committee

Migraine Canada's Medical Advisory Committee plays a vital role in ensuring our education, advocacy, and resources are evidence-based, current, and reflective of best practices in migraine care. We are deeply grateful to our committee members who generously volunteer their time and expertise alongside their busy clinical, research, and academic responsibilities. Their guidance strengthens our work, informs our strategic priorities, and helps us advance our mission of improving the lives of Canadians living with migraine.

- **Dr. Werner Becker**, MD, FRCPC – Calgary, AB
- **Dr. James Kim**, MD – Calgary, AB
- **Dr. William Kingston**, MD, FRCPC - Toronto, ON
- **Dr. Alexander Melinyshyn**, BSc, MD, FRCPC (Neurology) – London, ON
- **Jillian Reardon**, BSc(Pharm), ACPR, PharmD, RPh – Vancouver, BC
- **Christie Tait**, Nurse Practitioner – Toronto, ON
- **Dr. Zoya Zaeem**, MBBS, MEd in HSE

Governance Practices



Migraine Canada’s Governance Committee oversees the organization’s structures and policies to ensure the organization operates effectively, legally and ethically. Our governance committee is responsible for developing Migraine Canada’s policies and ensuring compliance regulation, strengthening the Board’s capacity to lead.

LOOKING AHEAD

Strategic Priorities for 2026

As Migraine Canada continues to grow, our focus in 2026 will be on expanding our impact, driving meaningful system change, and strengthening our community.



1

Transforming Migraine in the Workplace

We will launch our Migraine in the Workplace Program, including educational resources and training sessions designed to empower employers to better understand migraine, reduce stigma, support employees living with migraine, and improve access to appropriate accommodations and treatment.



2

Advancing Migraine Care in Canada

Leveraging updated clinical guidelines and position statements, we will continue our advocacy efforts to improve equitable access to evidence-based treatments and advance policies that enhance the quality of migraine care across Canada.



3

Growing a Stronger Community

Building a more resilient, innovative, and inclusive migraine community remains a key priority. Through strategic partnerships and collaboration, we will expand our reach, strengthen networks, foster innovation, and create opportunities for shared learning to better support the millions of Canadians living with migraine.

The year ahead presents significant opportunities to transform how migraine is understood, treated, and supported. Together with our community, partners, healthcare professionals, and advocates, we will continue working toward a future where no Canadian has to live with the burden of migraine alone.

HOW TO GET INVOLVED

There are many ways to support Migraine Canada and help advance our mission:



DONATE

Support our programs, advocacy, and education initiatives. Your contribution helps us expand our reach and impact.



<https://migrainecanada.org/donate/>



VOLUNTEER

Join our community of volunteers and contribute your time, skills, and lived experience.



<https://migrainecanada.org/join-our-community/#volunteer>



PARTNER

Collaborate with us to advance awareness, education, and advocacy. We welcome partnerships with organizations, healthcare professionals, and community groups.



Email: programs@migrainecanada.org

Connect With Us

Follow us on social media and subscribe to our newsletter for the latest news and resources.



Website

www.migrainecanada.org



Email

Info@migrainecanada.org



LinkedIn

<https://www.linkedin.com/company/migrainecanada/posts/?feedView=all>



FaceBook

<https://www.facebook.com/migrainecanada/>



Instagram

<https://www.instagram.com/migrainecanada/>



YouTube

<https://www.youtube.com/channel/UCS36BzZ2rOt8eld3-QisKjw>



MISSION MOMENTS

"You have helped my daughter and family countless times. Thank you for what you do."

"Thank you for holding this webinar. I found the information very helpful. Thank you for all the great work Migraine Canada does to support us."

"Thanks for all the great work you do!" ~Myrtle

"Oh thank you so much!!! I just found out.....I'm eternally grateful to you!" ~Randa

"Keep up the great work; its a very serious health issue." ~Cliff

"Thank you SO much for your help. I reached out to HR, who immediately reached out to our CanadaLife rep, who has already responded..... Thanks again, this is such a relief. Fingers crossed all goes smoothly going forward."

"The App is also the best BTW. The Canadian Migraine Tracker. My neurologist and headache physician both recommend this one to their patients." ~Megan

"Just want to say thank you. In reading the new treatment guidelines report I learned that some serious symptoms I have been experiencing is actually a side effect of the medication I am taking. I work in healthcare and am well informed. It was unaware of this. I am very thankful for your resources. I have not spent a lot of time on your website but that will be changing." ~Michelle

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

Comments from M4M Donations

"I was so happy to learn about this event. I love the opportunity to meet other people who get it" ~Lisa (M4M Calgary)

"Thank you so much for organizing this event. It means so much to meet and speak with others who understand" ~Monica (M4M Toronto)

"Let's reduce the stigma and improve access to treatment!!" ~Roberta

"Thanks for allowing me the privilege of supporting this worthy cause!" ~Robert

"Donating in support of my girlfriend, who battles severe migraines every week. Hoping this helps bring relief, research, and awareness to those who live with this invisible pain. Every step toward understanding matters" ~Jordan

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THANK YOU!

As we reflect on the past year, we are deeply grateful to our volunteers, donors, partners, healthcare professionals, and community members whose support makes our work possible. Together, we are building greater awareness, advocacy, education, and support for Canadians living with migraine.

Thank you for standing with us and helping advance a future where migraine is better understood, treated, and supported across Canada.



www.migrainecanada.org



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@migrainecanada