

STRANGER STORY

EDITION 3

Hope
Change
Power
Mother
Broken
Positive
Friendship
Education
Together
Goodness
Beautiful
Passion
Grateful
Strength
Kindness
Confidence

WOMEN OF SURREY

Celebrating the
Strength,
Resilience, and
Impact of Women
in Surrey

**STRANGER
STORY**

www.strangerstory.ca



This imprinted design by Phyllis Atkins near Bear Creek honours the land's cultural heritage. Credit: City of Surrey Website

We acknowledge that we work and live on the traditional territory of the Coast Salish people, specifically the Kwantlen, Katzie, Kwikwetlem, Qayqayt, Semiahmoo and the Tsawwassen First Nations. As well, we acknowledge the Inuit and Metis Nations peoples who live and work on these territories.

Stranger Story is a Video Podcast and Book series!

This (3rd) edition of Stranger Story book focusing on the incredible Women of Surrey. It offers them a platform to voice their thoughts and inspire others. They deserve to be acknowledged for the wonderful work that they do for the community.

The Vision

- This initiative, Stranger Story, was born from a powerful realization: strangers can be unexpected healers.
- In today's world, where loneliness and mental health challenges are widespread, connecting with strangers through empathy can make a difference.

The Goal

- The goal is to help people see the profound healing power of simple, positive interactions with people they don't know.

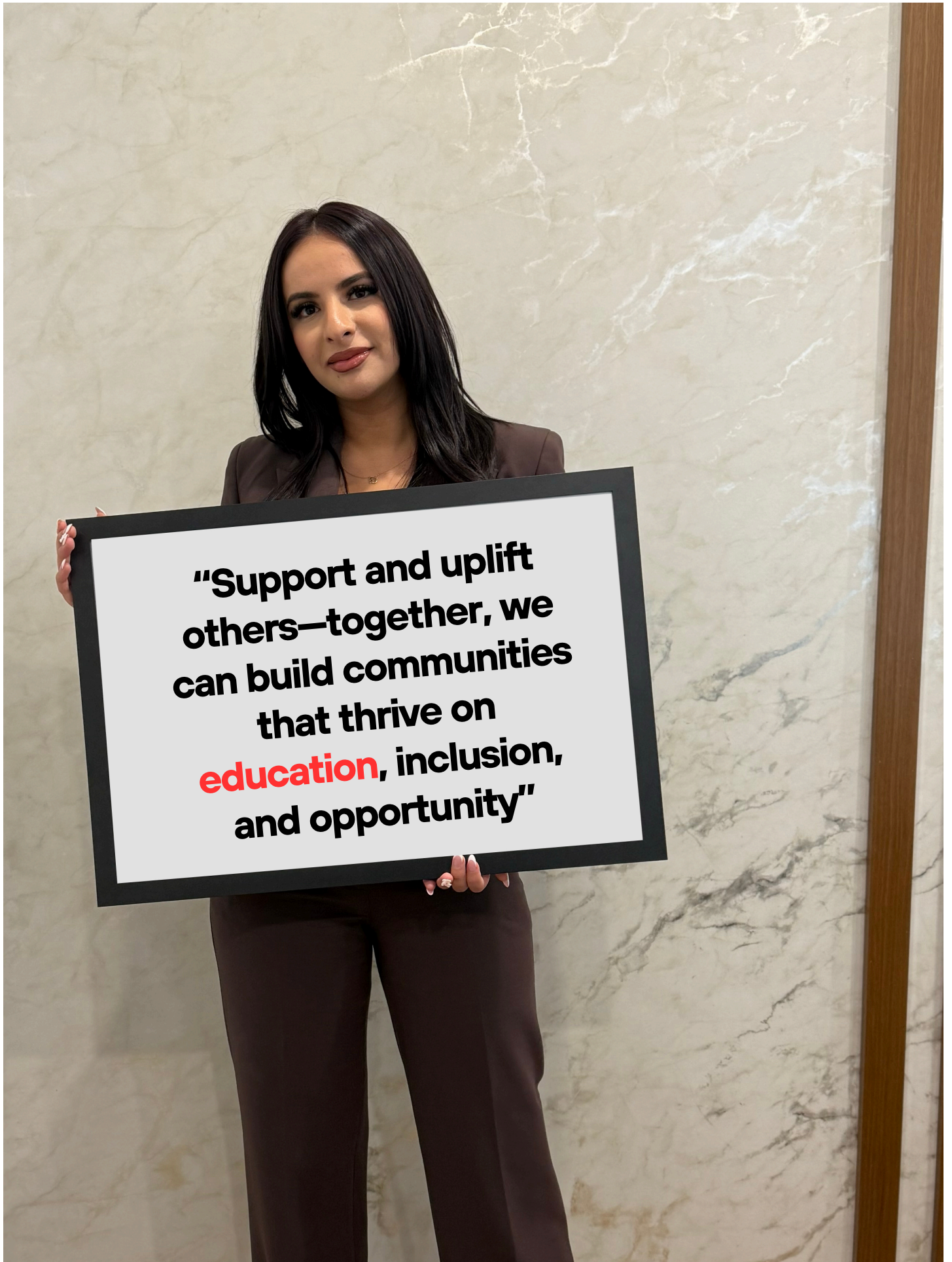
Why Strangers?

- Research from Harvard Business Review (2022) and Oxford University (2021) shows that brief, positive interactions with strangers can boost mood and reduce stress.
- Stranger Story is about redefining the way we view strangers—not just as casual encounters, but as opportunities for meaningful emotional connection.
- Strangers, when they engage with empathy, can help combat feelings of isolation and loneliness.
- Just one kind conversation with a stranger can significantly improve emotional well-being.
- It's a simple, accessible solution to the loneliness epidemic, which affects nearly 60% of people globally.

Join the Movement

- Let's start looking for healing in unexpected places.
- Imagine if each of us reached out to a stranger, listened with empathy, and offered kindness—how much could we transform our communities?
- With Stranger Story, we aim to make these connections a regular part of our lives.







**"True confidence
comes from knowing
your **strengths** and
harnessing them into
every part of your
life."**



**"Lift as you rise;
embrace
challenges, stay
grateful and
empower others."**

**"True success is
creating impact
beyond yourself"**



"Educate a **mother,
and you secure the
future of
generations—
financial literacy
starts with one."**





"A Woman is the Full Circle. Within her is the **Power to Create, Nurture and Transform."**



**"I want every girl
to know that her
voice can **change**
the world."**

Malala Yousafzai



True **leaders** are not the ones with the most followers, but rather those who clear the path to inspire new generations of leaders.








"Believe and trust that everything is coming together. One day you will be grateful that you didn't give up."









**"Be the light that
warms the hearts of
others, for even the
smallest act of
kindness can spark
hope in the darkest
corners"**

“Follow your **passion,
work hard and don't
limit your dreams”**





**"Share your smile
with the world. It's a
symbol of **friendship**
and peace"**
Christie Brinkley

THE KAUR MOVEMENT

One thought by the global NGO dedicated to empowering survivors of sexual and physical violence and fostering dialogue among trauma survivors.

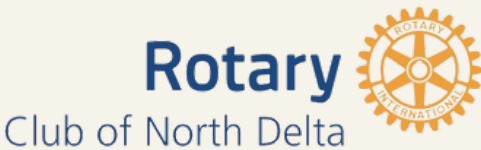
**We fall, we break, we fail—but we
rise, heal, and overcome. Sharing
your story makes you a survivor,
igniting others with your truth, light,
and courage.**





Supporters

ORGANISATIONS



INDIVIDUAL SUPPORTERS

- Tajinder Kaur Athwal
- Maninder Grewal
- Dylan Van Rooyen
- Shawn Gold
- Natalia Bussard
- Prachi Jatania
- Jaspreet Sahota
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www.gofundme.com/f/stranger-story-podcast-fundraiser

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STORY**

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