



Support Group Meeting Details

Sep – Nov 2020

Adult Peer Support Group (formerly FACE to FACE)

Online adult peer support group for people living with epilepsy

Held on the 2nd Saturday of each month at 1:00 PM

- September 12: Social Relationships
Discussion about finding or increasing social networks and what participants do to maintain healthy relationships.
- October 10: Emotional Health
Discussion around positive emotional health and how to increase it
- November 14: Living Well with Epilepsy
Discussion about the way epilepsy and treatments can affect a person's health, well-being, and daily life, along with sharing strategies for coping and living well.

Southern Alberta Parents' Network Group

Online support group for the parents and caregivers of children or youths living with epilepsy

Held on the 3rd Tuesday of each month at 6:00 PM

- September 15: School and Epilepsy Preparedness
Parents and caregivers will be encouraged to discuss and share advocacy strategies, school resources, and how to best help a child/youth with epilepsy to succeed at school.
- October 13: Parents as Partners
We'll talk about building a positive relationship with your child's/youth's healthcare team. Parents/caregivers will be asked to share their experiences along with any suggestions on how to create a child-centered, family-focused team.
- November 17: Life Stages with Epilepsy
Discussion around the different life stages with epilepsy, from infants to toddlers to adolescents. Parents/caregivers will be encouraged to share their experiences and strategies for support.

Family and Friends Peer Support Group

Online family and friends peer support group is for everyone affected by epilepsy, including people living with epilepsy and their families, friends, and colleagues

Held on the 4th Wednesday of each month at 6:00 PM

- September 23: Seizure First Aid and Seizure Drills
Knowing what to do when a friend, loved one, or even a stranger has a seizure can help you be prepared and to respond appropriately. We'll discuss the three key areas of seizure first aid and the importance of practicing seizure first aid drills. Participants will be asked to share their experiences with responding to seizures, holding seizure drills, and share tips for providing emotional first aid after a seizure.

October 21: Seizure Response Planning
Success in managing epilepsy depends partly on being prepared. We'll talk about seizure response planning, and participants will be encouraged to share their strategies for creating a seizure action plan.

November 25: Medications and Mood
It's important to pay attention to how your seizure medications make you feel and how they can affect daily life. We'll discuss the common mood side effects and participants will be encouraged to share their experiences and ways they cope.

If you wish to join us, please email our Support Coordinator at [gina\[at\]epilepsycalgary.\[com\]](mailto:gina@epilepsycalgary.com) at least 2 business days prior to the support group meeting to receive the link.