

Epilepsy Association of Calgary Support Meetings - April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Face to Face Support Group 11 AM – 1 PM	Parent Network Group 7 PM – 9 PM	Face to Face and Parent Network meetings held at EAC office: 316, 4014 Macleod Trail SE				Face to Face Regular Support Meeting <small>A safe space for adults affected by epilepsy to connect, share experiences & strategies & network with peers.</small>
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			Online Support Group Anti-Seizure Meds: <small>Side Effects Why Take as Prescribed? Missing or Skipping Meds Who to Talk to for Info Support with Paying</small>			Face to Face Managing Stress: <small>Identifying Stress & Stressors Epilepsy & Stress Tips to Reduce Stress</small>
19	20	21	22	23	24	25
26	27	28	29	30		
		Parent Network Newly Diagnosed, Pt 1 <small>Daily life with epilepsy Life stages with epilepsy Common epilepsy terms</small>				Online Support Group 6:30 PM – 8:00 PM ! Please pre-register with Gina at gina@epilepsycalgary.com or 587-392-8428