

Epilepsy Association of Calgary Support Meetings - February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
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	Online Support Group 6:30 PM – 8:00 PM ! Please pre-register with Gina at gina@epilepsycalgary.com or 587-392-8428			
2	3	4	5	6	7	8
					Staff Meeting 10 AM	Face to Face Regular Support Meeting <small>A safe space for adults affected by epilepsy to connect, share experiences & strategies & network with peers.</small>
9	10	11	12	13	14	15
					Staff Meeting: Strengths Finder 10 AM – 2 PM	
16	17	18	19	20	21	22
	Family Day Holiday		Online Support Group The New Seizure Classifications: Why the Change? How Seizures are Classified. What Does This Mean for Me?		Staff Meeting 10 AM	Face to Face Epilepsy & Memory Challenges: Types of Memory? How Memories are Made. Tips for Remembering.
23	24	25	26	27	28	29
		Parent Network Refractory Epilepsy, Pt 1 Managing Stress Identify stressors Stress Management Create balance	Tentative Workshop: Nutrition 7:00 – 9:30 PM			