

## Epilepsy Association of Calgary Support Meetings - May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<b>Face to Face Support Group</b>  <b>11 AM – 1 PM</b>	<b>Parent Network Group</b>  <b>7 PM – 9 PM</b>	<b>Face to Face and Parent Network meetings held at EAC office:</b> <b>316, 4014 Macleod Trail SE</b>	<b>Online Support Group</b> <b>6:30 PM – 8:00 PM</b> ! Please pre-register with Gina at <a href="mailto:gina@epilepsycalgary.com">gina@epilepsycalgary.com</a> or 587-392-8428			
3	4	5	6	7	8	9
						<b>Face to Face Regular Support Meeting</b> A safe space for adults affected by epilepsy to connect, share experiences & strategies & network with peers.
10	11	12	13	14	15	16
17	18	19	20	21	22	23
			<b>Online Support Group</b> <b>Managing Stress:</b> Identifying Stress & Stressors Epilepsy & Stress Tips to Reduce Stress			<b>Face to Face Summer Safety:</b> Reducing Seizure Triggers Ways to Stay Safe & Have Fun This Summer
24 / 31	25	26	27	28	29	30
		<b>Parent Network Refractory Epilepsy, Pt 2</b> Impacts of caregiving Share the care Building a team				