



COVID 19 Update – February 22, 2021 & March (Epilepsy Month in Canada)

With the COVID-19 situation continuing to shift and evolve, Epilepsy Association of Calgary office continues to remain closed to guests and visitors as this time. We look forward to welcoming visitors back as soon as it is safe to do so. To reduce the potential for spread of the virus and its variants, the following precautions remain in force at this time:

- Reception services are available Monday to Friday during core hours 9 am – 3 pm by phone (403) 230-2764 x 102.
- Telephone messages may be left for other staff of the Association who may be working off-site as part of work from home precautions. If you are calling to inquire about support or educational programs and services or to inquire about volunteering, please dial extension 105.

One on One Information and Support Services

Support Services continue to be available on-line through a video interface and by telephone. Please note: we are a small staff here at EAC which may affect wait times for a personal appointment. To pre-schedule an appointment, please call the main line 403-230-2764 x 105 or email louise@epilepsycalgary.com for personal assistance. Subject to availability, appointments may be limited to 30 minutes at a time to ensure EAC is available to respond in a timely manner to everyone seeking support with epilepsy.

Adult and Parent Peer Groups Supports and Workshops

We look forward to re-starting our adult and parent peer support groups during 2021. Stay tuned for dates and an exciting announcement around new group offerings. We are working to deliver some interesting workshops and collaborating with the Edmonton Epilepsy Association to deliver a monthly parent group conversation. Visit: <https://epilepsycalgary.com/support/courses-and-seminars/> to find out about upcoming offerings. We are also working to bring you content about happenings at other Epilepsy Associations and community organizations that may be of interest. You will find these opportunities posted on our website at: <https://epilepsycalgary.com/news-and-events/news-announcements/>

In Spring 2021, we plan to begin offering one-on-one peer mentoring (by phone or online). If you or someone you know has epilepsy and you are interested in volunteering to help lead a peer support group or to help someone as a peer mentor, please visit <https://epilepsycalgary.com/get-involved/volunteer/> to learn more.

March is Epilepsy Awareness Month!

Follow us on Facebook and Instagram at Epilepsy Calgary to stay up to date on the latest stories, workshops and opportunities to get involved for March / Purple Day (March 26th) for Epilepsy Awareness.

Community Education

Community education sessions for in-services and other community groups continue to be available through this time via online delivery. To book a session, please call us or fill out the form on our website: <https://epilepsycalgary.com/education/request-an-education-session/>

COVID-19 in Alberta

COVID 19 symptoms may include fever, cough, difficulty breathing and may be mild to severe. Symptoms may take up to 14 days to appear following exposure. Anyone who feels they are at risk following contact with persons with persons who have tested positive for the virus or, or who are experiencing symptoms should contact Health Link 811 for instructions. Up to date information concerning Alberta's response to COVID-19 may be found at: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

COVID-19 and Epilepsy

Reliable information on COVID-19 and Epilepsy may be found on the Epilepsy Foundation's website at: <https://www.epilepsy.com/learn/covid-19-and-epilepsy>. This is a US-based resource so information on government policies and pharmacare plans will differ in Canada. The information is however quite comprehensive and presented in a helpful format.

Contact

Any questions concerning EAC operations should be directed to: Laura Dickson, Executive Director execdirector@epilepsycalgary.com (403) 230-2764 x 101.