

Living with epilepsy can be challenging. Our support groups are here to help.

With sessions focussed on understanding epilepsy, they provide a safe space to ask questions and share experiences.



## "What is epilepsy?"



45 minutes

Monthly, remote sessions

Register today!

Scan me

Or visit: youngepilepsy/epilepsy-me



Living with epilepsy can be challenging. Our support groups are here to help.

With sessions focussed on independence, school, and friendships, they provide a safe space to share experiences and make

connections.

"Teen Talk"



- 11-15 years with parent consent
- 🔀 1 hour
- Monthly, remote sessions

Register today!



Scan me

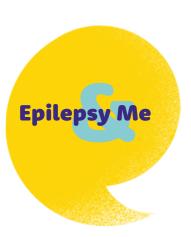
Or visit: youngepilepsy/epilepsy-me



## **Need support?**

Living with epilepsy can be challenging. Our support groups are here to help.

With sessions focussed on future aspirations, careers, driving, dating and transitioning into adulthood, they provide a safe space to share experiences and make connections.



## "The Road Ahead"





Monthly, remote sessions



Scan me

Or visit: youngepilepsy/epilepsy-me