

Need support?

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?”



8-10 years with parent supervision



45 minutes



Monthly, remote sessions

Epilepsy Me

**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 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

Epilepsy Me

**Register
today!**



Scan me

Or visit: youngepilepsy.org.uk/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”



16–18 years



1 hour



Monthly, remote sessions

Epilepsy Me

**Register
today!**



Scan me

Or visit: youngepilepsy/epilepsy-me