



November Newsletter

-- Holiday Information and Exciting Updates from ESEBC --

As the holiday season approaches, we have some important updates to share!

From our Christmas Open House and holiday closure dates to exciting new opportunities for community involvement, there's plenty to look forward to. Plus, we're thrilled to update you on the launch of our Interior Facebook Community Hub and plans for more hubs in other regions coming 2025. Read on to find out how you can be part of the action this season!



You're Invited: ESEBC Open House





PLEASE JOIN US FOR ESEBC'S ANNUAL

Christmas

OPEN HOUSE

THURSDAY DECEMBER 5, 2024
5:00 P.M. - 7:30 P.M.

UNIT 107 - 32868
VENTURA AVENUE,
ABBOTSFORD

+ DOOR PRIZE RAFFLE

ALL ARE WELCOME!



[Click Here to RSVP!](#)



Holiday Closure: December 24 - January 6



As we take time to celebrate the season, please note that ESEBC will be **closed from December 24 to January 6**. We'll be back to assist you in the new year and look forward to connecting then.

We are wishing you a peaceful and joyful holiday season with your loved ones!

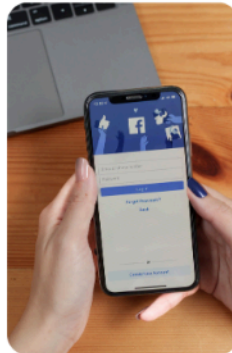


Interior Facebook Community Hub



Join our Epilepsy Online Community Hubs!

Connecting People Affected by Epilepsy in the Interior Region via Facebook Group



Benefits of Online Community Hubs

Reduce isolation, improve well-being, and gain access to valuable resources.



Peer Support: Connect with others who understand your journey, share experiences, and build friendships.



Access to Resources: Access support, educational materials, and more.



Improved Mental Health: Reduce feelings of isolation and anxiety through supportive interactions and community engagement.



Safe and Inclusive Space: Participate in a moderated environment led by trained volunteers with lived experience, ensuring a respectful and supportive community.

Join NOW on Facebook! Go to esebc.ca and the link will be on the main page.

For more information:

info@esebc.ca

www.esebc.ca

Funded by:



Interior Community Hub Now Live!

We're thrilled to announce the launch of our **Interior Facebook Community Hub**, providing a supportive space for individuals and families affected by epilepsy to connect and access resources.

This is just the beginning! In 2025, we'll be expanding to **more regions across BC**, creating even more opportunities for connection and support. Stay tuned!

[Click Here to Join!](#)



Volunteer Opportunity: Moderator



Become a Moderator for Our Interior Facebook Community Hub!

We're excited to announce the launch of our online **Facebook Community Hubs** in the Interior, and we're looking for compassionate, tech-savvy volunteers to join our team as **moderators**. In this important role, you will help create a supportive space for individuals affected by epilepsy to connect, share experiences, and access resources.

As a moderator, you'll have the opportunity to:

- Welcome new members and help them navigate the platform.
- Facilitate discussions, ensuring a safe and positive environment.
- Provide support and resources to those affected by epilepsy.
- Collaborate with fellow moderators to keep the community thriving

Flexible hours (2-3 hours per week) and training will be provided, with the added benefit of receiving a **honorarium** for your time. Additionally, you'll receive a **reference letter** upon completion.

This is a wonderful opportunity to make a meaningful impact and be part of a team that is building connections, reducing stigma, and raising awareness about epilepsy.

Join us in making a positive difference!

[Click Here to Apply!](#)



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