



THE CENTRE FOR

EPILEPSY & SEIZURE EDUCATION

IN BRITISH COLUMBIA

hello
September



Back to School Checklist



Back to School Checklist for Students Living with Epilepsy



Medications & Health

- Take your medicines on time and keep a backup, if you can.
- Make sure your seizure action plan is up to date.



Talk & Share

- Let your teachers, coaches, school staff, and friends know about your epilepsy
- Keep a list of emergency contacts handy



School & Learning

- Ask for any extra support you might need (like extra time for tests or notes)
- Set reminders for homework and medications
- Take short breaks if you feel tired or unwell



Healthy Habits

- Get enough sleep each night
- Eat regular, balanced meals and drink water
- Practice ways to relax and reduce stress



Friends & Fun

- Tell friends how they can help during a seizure
- Join activities you enjoy safely



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A Note From Our Executive Director



Last week we met a young man who came to talk with us about employment supports and how he can navigate the workplace as an early career individual. He'll be coming back soon with his support worker to talk about resume development.

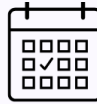
Dealing with the stigma of epilepsy can be a hard thing to navigate in the workplace because people lack basic education about what the condition involves and how different it is from one individual to the next.

That's where our education presentations can be a substantial workplace support. Covering basic seizure information along with first aid, these presentations can be tailored to your group. If your workplace, school, or business would benefit from a presentation, check out our information page and choose the type of presentation that can work best for you. But hurry! As people shake off their summer vacation mode and look forward to autumn, our presentation slots are booking up fast.

Happy September!
~Christine

 **Bid for Hope: Online Auction** 

OPENS IN 3 DAYS



BID FOR HOPE ONLINE AUCTION

From September 5 - October 5, 2025

Raise your bid, raise epilepsy awareness

Featuring items from:

*WestJet | Revelstoke Mountain Resort | Capilano
Suspension Bridge | Chateau Victoria Hotel &
Suites | Summerland Waterfront Resort | Spokes
Bicycle Rental | Lepp Farm Market | BC Lions |
Anton's Pasta Bar | Dead Frog Brewery | and more!*



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Get ready! Our annual Bid for Hope Online Auction kicks off on September 5! With exciting items and good deals up for grabs, it's a fun way to support ESEBC.

Keep an eye on your inbox, we'll be sending the auction link as soon as bidding opens!



Colin C. From Langley Camp Recap





Colin at Zajac Ranch this summer enjoying the outdoors, making new friends, and taking part in fun camp activities.

A Special thank you to Abbotsford Rotary Club for their Community Services Grant to support ESEBC's Camp Sponsorship.

Thanks to the generous support of the Rotary Club of Abbotsford, we were able to help Colin C. from Langley spend some time at Zajac Ranch this summer.

A heartfelt thank you to Blaine Bailey (President) and Doris Woodman-McMillan (Past President) for presenting the cheque alongside our Executive Director, Christine, as pictured above.

Meet Denise, Our New Volunteer



Denise has been living with epilepsy for over 12 years and is passionate about supporting others in the epilepsy community. With close friends who also live with epilepsy, she understands the importance of connection, education, and advocacy.

Denise values quality time with her family and friends and enjoys camping and relaxing at the beach. She's excited to give back and be part of a team making a meaningful difference by volunteering in our office.

Honouring Truth and Reconciliation Day



Today and every day, ESEBC honours the strength and resilience of residential school survivors and remember the children who never returned home. We are grateful to live and be in relation with many Indigenous communities across BC and we recognize the responsibility we share in walking the path of truth and reconciliation together.

Join us in wearing orange on September 30 and in committing to reconciliation every day of the year.



September Programs



mandala art expression series

Register today and receive a free paint kit!

Date: Thursday, September 11 @ 1:30 pm

Registration Deadline for Free Paint Kit: September 4, 2025

Place: Facebook Live (virtual)

(<https://www.facebook.com/centreforepilepsy/>)

Register through www.esebc.ca or email info@esebc.ca for more information.



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Join Us

Epilepsy Connect Support Group

Date: Thursday, September 25, 2025

Time: 5:00 – 6:00 p.m.

Location: Zoom – virtual link will be sent upon registration

Register through www.esebc.ca or email info@esebc.ca for more information.



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Mandala Art Registration

Epilepsy Connect Registration

💖 Become a Monthly Supporter 💖

By becoming a monthly supporter, you help us provide consistent programs and resources for people affected by epilepsy. Your regular gift makes a **real difference** and keeps you connected to our community.

Donate Today



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