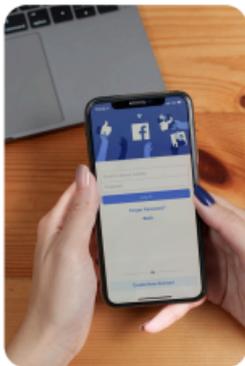
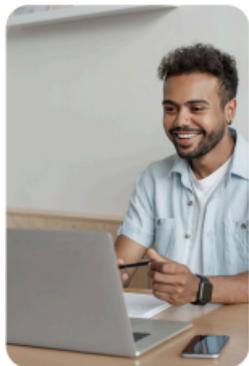




## Join our Epilepsy Online Community Hubs!

*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](http://esebc.ca) and the link will be on the main page.

For more information:  
[info@esebc.ca](mailto:info@esebc.ca)  
[www.esebc.ca](http://www.esebc.ca)



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