



THE CENTRE FOR
EPILEPSY & SEIZURE EDUCATION
IN BRITISH COLUMBIA



HELLO, NOVEMBER



A NOTE FROM ESEBC'S EXECUTIVE DIRECTOR



There's a nip in the air this week, can you feel it?

I appreciate November and the feeling of pause it brings. Then, as we look toward year-end, there's also an energy in the air. Giving Tuesday is just around the corner!

It's a chance for all of us to celebrate our shared humanity and the incredible change we can spark when we come together. At ESEBC, the size of our budget doesn't dictate the size of our beliefs. What matters most are the people who stand with us - people who believe in our mission, our community, and a future where everyone belongs.

Save the date for Giving Tuesday: December 3.

Please join us and be part of this positive momentum.

- Christine Petkau, *Executive Director*

[Click Here to Support ESEBC](#)

YOUTH HUB: COMING THIS MONTH

YOUTH EPILEPSY COMMUNITY HUB



The ESEBC Youth Hub is designed to provide a safe, inclusive, and peer-led online community for young adults aged 19–29 living with or affected by epilepsy in British Columbia. It aims to reduce isolation, share resources, and empower young adults through peer support and structured activities.

The Youth Hub Offers:



- ➔ A welcoming youth-centred space for connection and support.
- ➔ reliable, evidence-based epilepsy resources tailored for young adults.
- ➔ Empowered members to lead conversations and activities.
- ➔ Pathways for advocacy for advocacy and leadership.
- ➔ An online gathering place hosted on Slack

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MEET YOUR YOUTH HUB MODS

Marika

YOUTH HUB PEER MODERATOR



Marika graduated from KPU with a Bachelor of Arts (Honours) in Criminology and is the recipient of the Lieutenant Governor's Award for Inclusion, Democracy & Reconciliation. She served as a member of the Youth Advisory Committee for the B.C. Employment Strategy for Youth with Disabilities, where she contributed to the launch of the CanWork BC Tool. Marika currently volunteers with the Society of St. Vincent de Paul B.C. and Yukon Region. She remains an active epilepsy advocate, spreading awareness through her social media platforms and through her role as ESEBC's Youth Advocate. She is now 6 years seizure free!



INTERIOR HUB: WELCOME OUR NEW MOD

Veronica

INTERIOR HUB PEER MODERATOR



My name is Veronica Wall, & I'm pleased to become a part of this community hub! I've had photosensitive focal epilepsy for over 20 years. With a combination of medications & lifestyle changes, I have them mostly under control. I would love to help support other people with seizure disorders cope with their own unique battles & help to improve their quality of life! My favourite things to do are hanging out with my kitty, husband & friends, going to concerts, listening to music & reading. My favourite genres of books, comics books, etc are fantasy, sci-fi, paranormal, horror & manga. I enjoy singing, playing piano, & accordion. My favourite genres of music are goth, punk, rock, industrial, grunge & metal.



[Click Here to Join ESEBC's Interior Facebook Hub](#)

NOVEMBER PROGRAMS

mandala art expression series

Register today and receive a free paint kit!

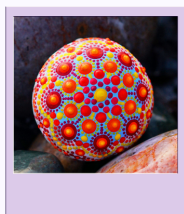
Date: Thursday, November 13, 2025 @ 1:30 pm

Registration Deadline for Free Paint Kit: November 9, 2025

Place: Facebook Live (virtual)

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

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



THE CENTRE FOR
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AN EPILIPSY CANADA PROGRAM

Join Us

Epilepsy Connect Support Group

Date: Thursday, November 20, 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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Register for Mandala Art Here

Register for Connect Here

BID FOR HOPE ONLINE AUCTION RECAP

Thank you to everyone who made this year's Annual Bid for Hope Online Auction a success! To all our winning bidders, we hope you enjoy your prizes.

And a huge thank you to everyone who donated items. Your generosity helped make this event possible.

Summerland Waterfront Resort & Spa | Shaughnessy's Cove | Aquabus | Butchart Gardens | WestJet | Spokes Bicycle Rental | BC Lions | Vancouver Warriors | Revelstoke Mountain Resort | Capilano Suspension Bridge | Penticton Lakeside Resort | Abbotsford Canucks | Chateau Victoria Hotel & Suites | Lepp Farm Market | Greater Vancouver Zoo | Anton's Pasta Bar | Banter Ice Cream | Dead Frog Brewery | Vancouver Canadians | The Old Spaghetti Factory | Vancouver Christmas Market | Merry & Bright at Martini Town

EPILEPSY AWARENESS SPOOKY DOOR DECORATING CONTEST RECAP



We were amazed by the creativity, effort, and spookiness of all the classrooms that participated in our Spooky Epilepsy Awareness Door Decorating Contest!

Thank you to everyone who joined in and helped make this event a fun way to celebrate Halloween and raise epilepsy awareness.

A special congratulations to our **winner** (*Grade 5/6 class in Vancouver*), who will be **enjoying a pizza party** as a reward for their fantastic entry! Our **runner-up** classrooms (*Grade 12 class in Kitsilano, Grade 9-12 resource room in Abbotsford, Grade 4/5 class in Nelson, and Grade 6/7 class in Surrey*) also **received boxes of Halloween candy** to celebrate their creativity and hard work.

We loved seeing all the unique and imaginative doors, thank you again all for sharing your spooky spirit with us!



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