



THE CENTRE FOR
EPILEPSY & SEIZURE EDUCATION
IN BRITISH COLUMBIA

JANUARY

Newsletter

Happy New Year!

Executive Director's Note



Members of the ESEBC team enjoying the holidays together

As we step into a new year, we want to wish you a warm and hopeful welcome to 2026. Before the holidays, our staff along with some of our volunteers and board came together to reflect on the year behind us - the challenges, the growth, and the many moments of connection made possible through the support of our community.

Looking ahead, 2026 feels like a year of intention. On that theme, we'll be highlighting the core values that guide our work at ESEBC. You'll find these at the bottom of this newsletter, a different one each month. We're also introducing you to a different ESEBC board member in each newsletter. We appreciate the grounded optimism they bring to all of our work here.

We look forward to sharing more of this journey with you in 2026 and continuing to build a community rooted in care, trust, and belonging.

- Christine Petkau

Online Youth Community Hub

You're Not Alone in This.

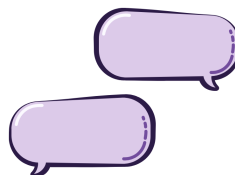
ESEBC's new Slack community brings together young adults (19-29) across BC who are living with epilepsy or supporting someone who is.

Peer conversations, shared experiences, real connection.

www.esebc.ca



**Scan the
QR Code
to Join!**



[Click Here to Join our Youth Hub](#)

Meet ESEBC's Board

Featuring Ted Downey, Board Chair



My connection to ESEBC goes back to the very beginning. I was introduced to the Society through Dr. Lionel Traverse and Laura Yake, who were determined to ensure families affected by seizures had somewhere to turn for support. Seeing firsthand how urgently that support was needed, and stepping in to help create the organization's first office, made saying "yes" to board service an easy decision.

What has surprised me most is just how many people are regularly searching for clear, compassionate information about epilepsy. Looking ahead, I'm inspired by our dedicated team and the trustworthy, research-based reassurance they provide to clients every day. We're leading the way in what we deliver. The need is growing, and being part of that gives me chills. I love it.

January Programs

Join Us

Epilepsy Connect Support Group

Date: Thursday, January 22, 2026

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.



mandala art expression series

Register today and receive a free paint kit!

Date: Thursday, January 15, 2026 @ 1:30 pm

Registration Deadline for Free Paint Kit: January 8, 2026

Place: Facebook Live (virtual)

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

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



Epilepsy Connect Registration

Mandala Art Registration

Highlighting ESEBC Values

Compassion

We are compassionate towards those we serve and each other, coming along side one another with empathy and respect.

[Click Here to Support ESEBC](#)



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