

# 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.

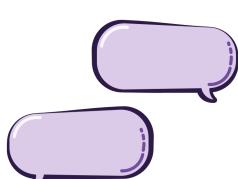
ESEBC's new Slack community brings together young adults (19-29) across BC who are living with epilepsy or supporting someone who is.

Peer conversations, shared experiences, real connection.

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



THE ESBC  
EPILEPSY & SEIZURE EDUCATION  
FORUM

### 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](http://www.esebc.ca) or  
email [info@esebc.ca](mailto:info@esebc.ca) for more  
information.



THE ESBC  
EPILEPSY & SEIZURE EDUCATION  
FORUM

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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