



MARCH

Welcome, Epilepsy Awareness Month!



Purple Day (March 26)



What is Purple Day?

Purple Day is an international day dedicated to epilepsy awareness, held each year on March 26. It was started in 2008 by Cassidy Megan, from Nova Scotia who wanted people to better understand epilepsy and feel less alone. Purple Day has now grown into a global movement to raise awareness, reduce stigma, and support people affected by epilepsy.

Purple was chosen because lavender is internationally recognized as a symbol of epilepsy.

How You Can Get Involved:

On Purple Day, we invite you to wear purple, share epilepsy education and resources, and start conversations to help reduce stigma and increase understanding. You can also support ESEBC's work by sharing our resources, participating in Purple Day activities, or making a donation to help us continue providing education and support across British Columbia.

Together, we can create more informed, inclusive, and supportive communities for people living with epilepsy.

[Click here to visit ESEBC's website and learn more](#)



A Note From ESEBC's Executive Director Christine Petkau



As we move into March and Epilepsy Awareness Month, I'm reminded how important our community is - not just in the work we do, but in how we shape it together.

At ESEBC, membership is one of the simplest and most meaningful ways to be part of our community. Our members are the people who care deeply about improving understanding of epilepsy and supporting those affected by it across BC.

Membership also plays an important role behind the scenes. It ensures we remain strong and accountable as an organization, and it gives you a voice in our work.

This month, as we celebrate Epilepsy Awareness and Purple Day, we warmly invite you to join us as a member.

Together, we bring hope.

[Click Here to Join ESEBC's Membership](#)



Make It Purple Community Partnerships



This March, we are proud to recognize our **Make It Purple Partners** who are BC businesses helping to raise epilepsy awareness in their communities for Purple Day.

Thank you to:

- **Marmalade Bakery** (Penticton)
- **Farmhouse Brewing Co.** (Chilliwack)
- **Controlled Entropy Distilling** (Summerland)
- **Purebread Bakery** (Vancouver)

These businesses are helping “make it purple” by showing their support for epilepsy awareness and standing with the epilepsy community.

We encourage you to visit and support these community-minded businesses during Purple Day on March 26.

Together, we can increase awareness, reduce stigma, and build a more informed and supportive community.



Save the Date: May 2

Steps of Hope 2026



STEPS OF HOPE 2026

Steps of Hope: A Spring Epilepsy Awareness Walk



MAY
02 ✦ 10:00
AM

- Family-Fun Activities
- Pets in Purple Parade
- Photo Booth
- ... more to come

@CentreForEpilepsy
Mill Lake Park, Abbotsford BC
www.esebc.ca



Meet ESEBC's Board

Featuring Tanya Tomsic, Vice Chair



I'm the kind of person who likes to keep busy - so when I switched careers and life slowed down, I began looking for volunteer opportunities! My interest in becoming part of the ESEBC Board of Directors really stemmed from missing the act of volunteering and community service.

I have provided care for several people living with epilepsy and realized that I hadn't heard of ESEBC prior to searching for volunteer work; I was in awe when I learned more about this non-profit. Given the outstanding education and support they consistently

provide to British Columbians with such a small staff, I found myself inspired to help promote this organization.

I'm excited to see our Community Hubs gaining momentum as I would love to see this organization grow to become a household name in every community in our province.



March Programs

Epilepsy Connect & Mandala Art



Join Us

Epilepsy Connect Support Group

Date: Thursday, March 26, 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!

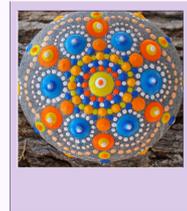
Date: Thursday, March 12, 2026 @ 1:30 pm

Registration Deadline for Free Paint Kit: January 11, 2026

Place: Facebook Live (virtual)

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

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



Register for Epilepsy Connect

Register for Mandala Art



Highlighting ESEBC Values

Empowerment



Empowerment

We empower our community through education, resources, and support that help people feel informed, confident, and in control.

[Click Here to Support ESEBC](#)



Copyright © 2025 The Centre for Epilepsy & Seizure Education in British Columbia, All rights reserved.

Mailing Address: 112 - 32868 Ventura Avenue, Abbotsford, BC Canada V2S 6J3

Want to change how you receive these emails? You can [unsubscribe](#) or [manage preferences](#).