



## **A Note From ESEBC's Executive Director Christine Petkau**



What an amazing spring day we had on Saturday for Steps of Hope 2026! I want to extend my heartfelt thanks to everyone who made our Steps of Hope walk such a meaningful day. It was inspiring to see our community come together in support of individuals and families affected by epilepsy - whether you walked with us, donated, volunteered, or cheered us on from afar, you helped create something truly special. I'm so grateful for the spirit of connection and hope that carried the day.

In May, we invite you to take part in Plant Purple - an opportunity to grow awareness in your own space by planting purple flowers.

And as we look ahead, our Dog Days of Summer campaign will continue to celebrate community, connection, and the many ways we can make epilepsy visible together.

# Steps of Hope 2026 Recap



Thank you to everyone who joined us for Steps of Hope 2026!

Your support, energy, and community spirit helped make the day meaningful and we're grateful to everyone who walked with us, donated, sponsored, and showed support across BC .

[Click Here for ESEBC Website Recap](#)

ESEBC's Third Annual  
**#PlantPurple**



Our 3rd Annual #PlantPurple Campaign is back!

Did you know that every flower holds a special meaning? This spring, we're once again inviting BC gardeners to plant purple flowers in support of the 50,000+ British Columbians living with epilepsy.

Through #PlantPurple, we'll continue to highlight the unique symbolism of purple blooms like strength, dignity, resilience and connect them to the incredible spirit of the epilepsy community.

**How to take part:**

Plant purple flowers in your garden, pots, or planters

Snap a photo of your creation

Share it on social media using #PlantPurple and tag @centreforepilepsy

*Let's turn BC purple with purpose, one flower at a time.*

## VNS Online Presentation

### June 23<sup>th</sup> at 6:00 pm



ESEBC is pleased to share an upcoming online presentation on VNS Therapy™ for individuals and families affected by epilepsy. This educational session will provide an introduction to Vagus Nerve Stimulation (VNS) Therapy, a treatment option designed for people living with drug-resistant epilepsy who continue to experience seizures despite medication trials.

The presentation will explore how VNS Therapy works, potential benefits, safety information, and what individuals and caregivers can expect throughout the treatment process. Topics may include seizure reduction, recovery after seizures, quality of life improvements, and the latest VNS Therapy technology available for both children and adults.

**Please join us June 23 at 6:00 pm. Registration is required to attend. A link will be sent to all registrants.**

[Register Here](#)

[Download Info Sheet Here](#)

# Meet ESEBC's Board

## Featuring Dr. Malini Nair, Director



### **What drew you to ESEBC and board service?**

ESEBC's commitment to health equity and meaningful community engagement is what initially led me to get involved. It aligns closely with my background in Public Health and Clinical Research, and Board Service feels like a natural way to contribute beyond the clinical setting.

### **What's something that has surprised or inspired you since joining?**

I continue to be impressed by the level of engagement and the shared sense of purpose across the organization. There is a genuine care in how people collaborate, which makes the work both thoughtful and impactful.

### **What excites you most about ESEBC's future?**

ESEBC's continued growth in programming and partnerships is especially encouraging, along with the opportunity to reach more communities in meaningful ways. There is a strong sense of momentum, and I look forward to contributing to what comes next.

## May Programs

Join Us

## Epilepsy Connect Support Group

**Date:** Thursday, May 28, 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.



## mandala art expression series

*Register today and receive a free paint kit!*

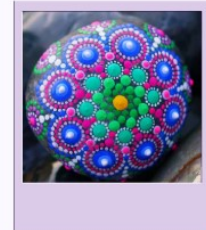
**Date:** Thursday, May 14, 2026 @ 1:30 pm

**Registration Deadline for Free Paint Kit:** May 7, 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.



[Epilepsy Connect Registration](#)

[Mandala Art Registration](#)

## AGM Save the Date Reminder May 26, 2026



Mark your calendar for May 26, 2026 for ESEBC's AGM.

**More information coming soon.**

[Click Here to RSVP](#)

## Highlighting ESEBC Values Inclusivity



**Inclusivity**

*We embrace diversity and work to create an inclusive community where individuals from all backgrounds and perspectives are respected, valued and celebrated.*



*Copyright © 2026 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](#).