



JULY

A Note From ESEBC's Executive Director Christine Petkau



Happy summer everyone!

Here at ESEBC, our summer is shaping up to be one of growth and creativity. Over the next few months we'll be launching a creative wellness opportunity, sharing new educational resources, and capturing more of the stories that make our community so remarkable. As part of this work, our summer student will be reaching out to individuals and families to help build a library of videos that reflect the many experiences of living with epilepsy. If you receive an invitation to share your story, I hope you'll consider taking part.

A special shout out as well to our 2026 Jamie Lynn Robertson Memorial Bursary recipients whose stories are included this month. Congratulations on your achievements Victoria and Riven!

Thank you, as always, for being part of this community. I hope you enjoy this edition of our newsletter and all that's happening at ESEBC.

Congratulations to ESEBC's Jaymie-Lynn Robertson Memorial Bursary Recipients

Riven G.

Esquimalt, BC

Riven is a student at Camosun College and a passionate community advocate living in Victoria. Growing up with epilepsy helped shape her understanding of disability, resilience, and the importance of supportive and accessible communities.

Currently studying Business Administration and Socially Responsible Management, Riven hopes to use her education to continue giving back and supporting others. Outside of school, she enjoys paddle boarding, spending time with her cats, and learning new things.



Victoria Sophia M.S.

Richmond, BC

Victoria is a Grade 12 student at J. N. Burnett Secondary School with a passion for helping others and creating meaningful connections in her community. She volunteers at a retirement residence, where she enjoys playing piano, spending time with seniors, and giving back through kindness and compassion.

Victoria also studies piano through The BC Conservatory of Music and hopes to pursue a career in psychology to continue making a positive difference in the lives of others.



Thank you to everyone who applied for this year's JLR Bursary. We appreciate each applicant for sharing their educational goals and aspirations with us!

Congratulations to our two bursary recipients, Riven and Victoria! We wish you every success as you continue your education.

Meet Loveleen Dhaliwal Summer Marketing Assistant



Hi everyone! My name is Loveleen, and I'm excited to be joining ESEBC as a Summer Marketing Assistant!

I am so excited to begin creating some fun content that shows our community the incredible work that is done at ESEBC, along with all the amazing individuals behind the scenes. I'm looking forward to sharing stories, capturing special moments, and helping to bring our community even closer together through social media and marketing.

When I'm not in the office, you'll usually find me behind a camera. My favorite part of photography is capturing genuine moments of happiness that people can look back on and cherish for years to come.

I'm so excited to be part of the ESEBC team this summer, and I can't wait to meet everyone and share this journey with you!

Epilepsy in Full Colour

Summertime Creative Wellness Series

Epilepsy in Full Colour

Summertime Creative Wellness Series

Paint & Share

Join our **1 to 1.5 hour** emotional wellness community painting sessions and show off your artwork!



Program Dates:

Online

July 23 @ 1:00-2:00 pm

In Person (Abbotsford office)

August 10 @ 4:00-5:30 pm

Online

August 31 @ 1:00-2:00pm

Located at 112-32868 Ventura Ave V2S 6J3



[Click Here to Register](#)

Summertime Creative Wellness Series run by
volunteer, Paige Phillips:



My name is Paige Phillips, and I am a Medical and Molecular Biochemistry student with aspirations of becoming a physician. I am deeply interested in the connection between mental and physical health and the importance of caring for both. Art has been a meaningful part of my life since I was eight years old, providing an outlet for self-expression and helping me navigate complex emotions. Through drawing and painting, I discovered the positive impact creativity can have on emotional well-being, a perspective that continues to shape my interests today.

ESEBC's Third Annual DOG DAYS OF SUMMER



DOG DAYS OF SUMMER

SUBMIT A PHOTO OF YOUR PET TODAY!

This July & August, we're celebrating the pets who bring comfort, calm, and companionship.

Does your pet help you feel supported, grounded, or less alone?

Submit a photo + a few words

<https://form-can.keela.co/dog-days-of-summer>

Photo submissions open NOW

All pets welcome, not just dogs!



[Click Here to Participate](#)

Meet ESEBC's Board

Featuring Don Davis, Treasurer



What drew you to ESEBC and board service?

Well, firstly, we are neighbours! My employer, Fraser Valley Child Development Centre, leases office space in the same building as ESEBC. I am a CPA and had the responsibility for managing our facilities.

I had the opportunity to meet our ED Christine in early 2024 and I learned a lot about the organization. Christine and I got to know each other over the next few months and she mentioned that there might be an opening on the ESEBC board as the current Treasurer was nearing the end of their term. I had served on a number of not for profit boards in the past and I thought this was a perfect opportunity for me to make a contribution. I became a member and was nominated to the board in July, 2024.

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

In December, 2024 I underwent emergency brain surgery to remove a hematoma that was causing some paralysis on the left side of my body. I am much better now but this lived experience has certainly given me some perspective on the daily challenges faced by those with epilepsy and seizures.

What was surprising to me about ESEBC was the extensive reach that the organization has throughout BC. The wide variety of programs and services that are offered to folks who are somehow affected by epilepsy and seizures is really quite astounding. ESEBC has leveraged technology in a big way to connect

people to resources and support - and it is all done with a small budget and our small team of dedicated staff members.

What excites you most about ESEBC's future

I believe that the future is bright for ESEBC. We have an amazing board of directors (with room for more!) and Christine and her Team continue to excel in developing and running programming and extending the outreach of ESEBC. I am looking forward to helping us grow in the years to come.



Please note that our Epilepsy Connect and Mandala Art sessions will be on hold for the summer, returning to regular schedule in September.



Integrity

We act with integrity in all aspects of our work, and ensure honesty, ethics and professionalism guide our actions.



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](#).