

PROGRAMS

SUPPORT

Join us for supportive sharing in this virtual group. Support group calls are open to people with a diagnosis of epilepsy and their family members. Discussion often focuses on the challenges and triumphs of living with epilepsy. Calls are hosted via Zoom on the 3rd Tuesday of each month. Email info@epilepsymaritimes.org to receive the link.
Tuesdays, 6pm: Oct 19, Nov 16, Dec 14 (*a week early*).

PROJECT H.O.P.E.

*Project H.O.P.E. supports the **Health Of Persons with Epilepsy**. All the programs offered through Project H.O.P.E. share a goal of increasing social and support networks to reduce isolation and support positive mental health.*

Please register in advance for all programs: info@epilepsymaritimes.org or 1-866-EPILEPSY.

Zoom Social Club (virtual)

Connect with other people affected by epilepsy, without talking about epilepsy! Please join the casual conversation on Zoom the 2nd Wednesday of each month from 10am – 11am.

Discussion will be informal, with suggested topics to get the conversation started.

October: Gratitude - What are you thankful for? November - Virtual Roadtrip: Share something interesting about your community. December - Holiday Traditions.

Wednesdays, 10-11am: Oct 13, Nov 10, Dec 8.

Crafty Mornings (In-Person)

Join our social group on the 2nd Friday of the month for crafts and conversation! Crafts will be inspired by the season and your imagination! Pre-registration is required as we have limited space. Please note: masks will be worn and proof of vaccination required to comply with public health protocols. Sessions run from 10am - noon at the EAM office (215 - 7075 Bayers Road).
Fridays, 10 am-noon: Oct 8, Nov 12, Dec 10.

Shaping Self - An Intro to WRAP (virtual)

EAM is partnering with SHC to offer this strength-based, wellness focused program.

WRAP (Wellness Recovery Action Plan) an evidence based mental health and addictions wellness program designed for *EVERYONE*. This program is person centred and strength based. WRAP is about self discovery and empowerment as we learn about all things (wellness tools, daily maintenance, triggers, when things are breaking down and the magic, action plans) that make us feel our best (as defined by us). WRAP is rooted in the key recovery concepts, Supports, Hope, Advocacy for Self, Personal Responsibility and Education. This is the foundation from which we work.

SHC has modified and adapted the program, and has developed SHAPING SELF - An Intro to WRAP. This is delivered over 4 weeks, one 2-hour session each week. **We will offer the program based on interest.** Please complete the [registration form](https://bit.ly/Shaping-Self) at <https://bit.ly/Shaping-Self> or call the office to register and indicate your preferred time.

FALL
2021

YOUTH PROGRAMS

Youth living with epilepsy face unique challenges. To connect and support young people, we are offering separate youth-focused programming this fall. Programs are virtual to be accessible for people across the Maritimes.

SHAPING SELF

Shaping Self - An Intro to WRAP

WRAP is about self discovery and empowerment as we learn about all things (wellness tools, daily maintenance, triggers, when things are breaking down and the magic, action plans) that make us feel our best (as defined by us). WRAP is rooted in the key recovery concepts, Supports, Hope, Advocacy for Self, Personal Responsibility and Education. This is the foundation from which we work. WRAP is an evidence-based tool.

SHC has modified and adapted the program through Covid, and has developed SHAPING SELF - An Intro to WRAP. This youth-focused program is delivered over 8 weeks, one 1-hour session each week, from 4pm - 5pm. Please register by calling 1-866-EPILEPSY or at <https://bit.ly/Youth-Self>.

Music's Connection to the Heart of Wellness & Identity

Music is often referred to as a universal language. Through guidance from Mackenzie Costron, Certified Music Therapist and Registered Counselling Therapist with Find Your Voice Music Therapy, this session will explore how music connects to our body, heart, mind and soul. In this session we will bridge the connection between the beauty of music to our feelings and emotions.

We will use music to validate and support areas of self care, wellness and identity to focus on fostering ease and contentment. Session topics could include hope, joy, gratitude, or fear, sadness, and anxiety. You do not need to have a background in music to participate in this program. All experiences will be tailored to your interest comfort levels. Please register by calling 1-866-EPILEPSY or at <https://bit.ly/EAM-Music-Therapy>.

In addition to programs for people affected by epilepsy, we offer Epilepsy Awareness & Seizure First Aid Training for schools and workplaces. Drop us a line and we'll set it up!

Do you have an idea for a program, or want to volunteer with our programs? Please contact us!

Epilepsy Association of the Maritimes
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www.epilepsymaritimes.org 1-866-EPILEPSY info@epilepsymaritimes.org

