

PROGRAMS & SERVICES



Here for You Helpline – individualized information and guidance (via toll-free phone service, email, or face-to-face meetings) that promotes effective management of epilepsy and related issues

Individual Advocacy – intervention to resolve conflicts in areas such as employment, education, healthcare, public benefits, and legal matters

Learn & Share Conference Calls – monthly educational conference calls featuring a wide range of expert guest speakers and epilepsy-related topics

Wellness & Epilepsy Conference – annual conference featuring an inspirational keynote speaker; presentations and panel discussions; health & resource fair; and Kids Conference Day Camp

Project UPLIFT – eight-week, phone-based depression self-management program that uses mindfulness-based cognitive behavioral therapy to help participants reduce symptoms of anxiety and depression

Teen & Parent Workshops – workshops for teens with epilepsy and their parents that use education, facilitated discussion, and social activities to foster networking, coping, and successful transition to adulthood

Camp Discovery – 5-day, 4-night camp for youth with epilepsy that builds social skills, self-esteem, independence, and lifelong friendships; features a variety of exciting recreational activities, an “Ask the Pediatric Neurologist” session, and 24-hour medical staffing.

Open Houses – opportunities to learn more about the Foundation and network with other individuals and families touched by epilepsy

Studio E Art Therapy Program – six-week art therapy program for adults with epilepsy that promotes artistic expression and sharing with others facing similar challenges

Celebrating Abilities – annual event showcasing the many creative talents of people with epilepsy; features exhibits and performances, networking with others who share similar interests, and inspiration for those who have not yet discovered a creative outlet

Public Policy Advocacy – ongoing efforts to protect the rights of people with epilepsy and promote public policies that benefit them; public policy priorities include access to medication and specialty healthcare services, patient safety, and mental health parity; the Foundation's public policy agenda is promoted through grassroots efforts and regular communication with policy makers