



## What is Epilepsy?

Epilepsy is a neurological condition involving recurrent seizures. A seizure is a change in sensation, awareness, or behaviour brought about by a brief electrical disturbance in the brain. A person is diagnosed with epilepsy after they have had two or more unprovoked seizures.

## Epilepsy Affects 1 in 100 People.

People of all ages and ethnic backgrounds are affected by epilepsy.

Epilepsy occurs most often in children and seniors, but can occur at any stage in a person's life.

## Epilepsy Fast Facts

- Anyone can develop epilepsy at anytime
- Epilepsy is not contagious
- A seizure is not always a convulsion but can take many different forms
- A seizure is not always a medical emergency
- Epilepsy does not have to be a barrier to achievement

**Epilepsy Toronto is dedicated to the promotion of independence and optimal quality of life for all people with epilepsy and their families.**

We envision a world in which epilepsy is widely understood, and where those who live with it feel fully supported.

We build a caring community for people affected by epilepsy through support, education and awareness.

## How You Can Help:

- Make a donation to support our programs and services for people with epilepsy
- Volunteer with our office or during an event
- Become a member of Epilepsy Toronto



## Epilepsy Toronto

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**EPILEPSY  
Toronto**

# See the Person



# About Epilepsy Toronto

*Epilepsy Toronto provides information, counselling, support, and advocacy services to assist people with epilepsy to live independently, with dignity, as full participants in the community.*

## Employment Services

- Employment counselling (career exploration, disclosure, workplace accommodation, job development and maintenance)
- Job-seeking workshops and support groups
- Annual community forum and special events
- Partnerships include: Employment Ontario, ODSP, ODEN, WIN Program, Woodgreen

## Public Education

- Epilepsy education and awareness workshops for service providers, public servants, community groups and members of the public at large



## Children & Youth Services

- Child, parent and family counselling
- Support groups (children, teens, young adults, siblings and parents)
- Annual family retreat
- School presentations, individual education plans and student accommodations
- Scholarships and bursaries

## Adult Support Services

- Individual, family and couples counselling
- Support groups (adults with epilepsy, epilepsy surgery candidates, professionals, pregnant & new moms, partners, college & university students)
- Recreation group
- Etobicoke & Scarborough satellite services: counselling and monthly information sessions/support groups
- Housing / life skills support



## Information & Advocacy

- Publications, e-newsletter, social media (Facebook, Twitter, Instagram)
- Advocacy and awareness campaigns with Canadian Epilepsy Alliance partners
- Annual epilepsy conference, seminars, workshops and networking opportunities
- Epilepsy information sessions and resource library

## Signature Events

- Purple Day for Epilepsy Awareness - March 26<sup>th</sup>
- The Purple Walk for Epilepsy Toronto
- Amari Thompson Soiree
- Toronto International BuskerFest for Epilepsy
- Holiday Fair in the Square

