



What is Epilepsy?

Epilepsy is a neurological condition characterized by 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 Fast Facts

- About 1 in 100 Canadians have epilepsy.
- Epilepsy does not discriminate — it affects people of all ages, genders, and ethnicities. Anyone can develop epilepsy at any time in their life.
- Epilepsy is not contagious.
- A seizure is not always a convulsion but can take many different forms.
- Epilepsy does not have to be a barrier to achievement.
- If someone is having a seizure, do NOT restrain them or put anything in their mouth. Instead, stay calm and protect them from injury; if they fall to the ground, put something soft under their head and roll them onto their side. If they wander, guide them gently away from danger. Time the seizure and if it lasts longer than five minutes, or is a first-time seizure, call 911.



United Way
Greater Toronto

United Way Member Agency
Charitable No.
107306912RR0001

About Epilepsy Toronto

Vision - We envision a world in which epilepsy and seizures are widely understood, and where those who live with them feel fully supported.

Mission - We promote independence and quality of life for people with epilepsy and their families through support services, information, advocacy and public awareness.



Contact Us

If you or someone you love are in need of our services or have questions, we encourage you to contact us. Many of our services are available both in-person and online.

If you would like to make a donation in support of our programs, volunteer with us or bring epilepsy education to your school, workplace or community, please contact us.

Epilepsy Toronto

1425 Bayview Avenue, Suite 101
Toronto, ON M4G 3A9
Phone: 416.964.9095 Fax: 416.964.2492
info@epilepsytoronto.org
epilepsytoronto.org



@EpilepsyToronto



EPILEPSY
Toronto

See the Person



Epilepsy Toronto Services

Adult Services

- Support and counselling for individuals with seizures, their family members, partners and caregivers
- Support groups including: Adults with Epilepsy, Professionals, Expecting & New Parents, Partners and Adult Family Members and Epilepsy Surgery
- Weekly recreation and social groups
- A life skills training program
- Functional seizures support services

Children & Youth Services

- Counselling to children or youth living with epilepsy, their parents, guardians and siblings
- Support groups for children, teens, young adults, siblings and parents
- Family social events
- School presentations, individual education plans and student accommodations
- Scholarships and bursaries



Employment Services

- Employment counselling, career planning, interview, disclosure and resume help
- Job seekers program including workshops and support group
- Job development, placement and retention services
- Return to work and workplace seizure response planning
- Employer support including accommodations, epilepsy education, recruitment and retention support, and collaboration opportunities



Public Education

- Educational presentations, training workshops and information booths to promote a better understanding of epilepsy, seizures and seizure first aid
- Presentations adapted to suit a variety of audiences; from community groups to first responders, and students to seniors
- Advocacy and awareness campaigns and events
- Sharing our members' stories

Signature Events

- Purple Day for Epilepsy Awareness — March 26th
- Purple Walk for Epilepsy
- Toronto International BuskerFest for Epilepsy
- Holiday Fair in the Square

