





**SCAN ME TO LEARN MORE!** 



## EPILEPSY FRIENDS FOREVER

Epilepsy Friends Forever (EFF) gives children and youth living with epilepsy across BC the opportunity to come together, have fun, build relationships, and make positive memories with their peers. EFF friendship groups are inclusive, supportive, fun, creative. EFF also fosters health and wellness, life skills and strategies in managing epilepsy.

## 3 FRIENDSHIP GROUPS OFFERED:

Group One for children and youth living with epilepsy aged 6-8

Group Two for children and youth living with epilepsy aged 9-12

Group Three for children and youth living with epilepsy aged 13-17

"When I was 8 years old, there were no places for kids to meet other kids living with epilepsy in BC. Coming into my role as CEO for BCES, that was the first thing that needed to change."

-Kim Davidson, BC Epilepsy Society



EFF friendship groups are facilitated by amazing BCES staff, including Christine Jamieson - Miss Canada 2019!

## **WANT TO LEARN MORE?**

Visit www.bcepilepsy.com to learn more about EFF. Please email sonia@bcepilepsy.com if you are interested in participating in EFF.