

Once a week for 6 weeks, youth living with epilepsy or seizure disorders will come together to build life skills, self confidence and provide each other with social support.

#### YEP! I'M IN!

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epilepsyswo



EpilepsySWO



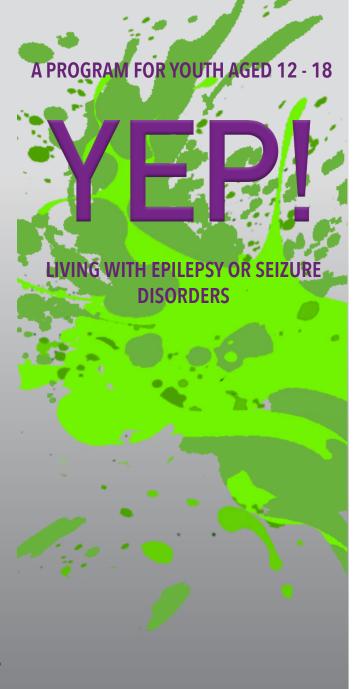
EpilepsySWO



EpilepsySouthwesternOntario

epilepsy southwestern ontario





#### WHY YEP!?

"It's so hard to explain my seizures to others."

"I hate you epilepsy!"

"People don't understand that epilepsy is more than just shaking."

> "I just want to be normal."

YEP! is a 6 week program with weekly themed sessions for youth aged 12 - 18

# WHAT'S ALL THE: YEP! ABOUT?

- 1. My Brain and Me
- 2. Keeping My Brain Healthy
- 3. All This Stress is Stressing Me Out!
  - 4. I'm Done With You Stigma
  - 5. Building a #PurpleNation
    - 6. We Are A Team

## THE BENEFITS

- Life skills
- Self confidence
- Stress management skills
- Social support

### THE PERKS

- Munchies
- T-Shirt & Swag
- Bus tickets
- A chance to win a \$250 prepaid VISA card

## #EpilepsyWarrior #PurpleNation