

WHAT
IS YEP!?

YEP! I'M IN!

A PROGRAM FOR YOUTH AGED 12 - 18

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YEP!

LIVING WITH EPILEPSY OR SEIZURE
DISORDERS

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.



epilepsyswo



EpilepsySWO



EpilepsySWO



EpilepsySouthwesternOntario

epilepsy
southwestern
ontario



An agency of the Government of Ontario.
Un organisme du gouvernement de l'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