



# EEA REGULAR PROGRAMS

*In this issue, we provide a comprehensive overview of all our operational programs — the initiatives we offer each year, regardless of financial challenges. We believe these programs, outlined in the following pages, have been essential to the success of our charity over the past 65 years.*

*While we continue to run a variety of specialized projects each year, these core programs enable us to deliver on our strategic goals and uphold the vision that guides our work: Empowering People Who Live With Epilepsy! You will also find detailed reasons to become a member of our community. Although many of our awareness and education programs and resources will continue to be freely available to everyone — locally, regionally, and even internationally — our members enjoy a deeper level of connection and support. If you have any questions, please don't hesitate to contact our office.*

## EPILEPSY BOOKS

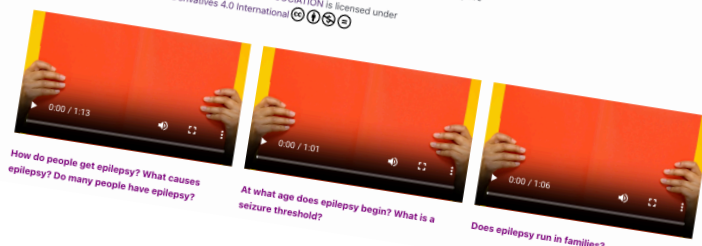
We run a comprehensive 11-titles epilepsy information books. [Learn more at this link.](#) The books are in English and in French. All English copies are always available as audio books and audio files, and can be ordered online for free (large orders will require postage payment). We also have several titles with short video clips that can be used for learning purposes.



Order books for free!

### EPILEPSY: AN OVERVIEW - VIDEO CLIPS

Access short video clips from the book. These short video clips illustrate key points from the book and can be used for educational and awareness goals without requesting for permission, as long as they are used as is. For any questions contact us at [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org)  
EPILEPSY: AN OVERVIEW by EDMONTON EPILEPSY ASSOCIATION is licensed under Attribution-NonCommercial-NoDerivatives 4.0 International



# EEA REGULAR PROGRAMS



## KIDS ON THE BLOCK

Book your elementary-grades live puppet show today. [More info at this link.](#) The program is offered free of charge to schools, community centres, daycares and any other spaces that can benefit from an engaging live show, teaching younger kids the basics about epilepsy, seizures and how to be a good friend.

### Edmonton Epilepsy Association



#### KIDS ON THE BLOCK

TEACHING CHILDREN ABOUT EPILEPSY ONE SCHOOL AT A TIME

#### Online Presentations

The Kids on the Block Puppet Show:

- models first aid practices
- examines the social and emotional impact of epilepsy
- addresses questions and stereotypes surrounding epilepsy
- provides support and encouragement to children living with epilepsy
- empowers classmates to understand and accept individual differences

#### THE ONLINE PRESENTATION

During COVID-19, times, the Edmonton Epilepsy Kids on the Block presentation is offered online. Register to connect with us in Edmonton, watch the show and interact with our chat-line.

#### PERFORMANCE COST

While there is no charge for a Kids on the Block Performance, donations will ensure its ongoing viability.

#### BOOK AN ONLINE PERFORMANCE

Online performances take about 40 minutes and we can connect up to 100 households at one time. Students can also interact with the puppets through chat questions. Call the Edmonton Epilepsy @780-488-9600 or email at us [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org) for more info.

Book your free show today!!

HOME

ABOUT US ▾

EPILEPSY 101 ▾

LIVING WITH EPILEPSY

RESOURCES ▾

SUPPORT US ▾

NEWS & EVENTS ▾

## KIDS ON THE BLOCK

This highly acclaimed Kids on the Block puppets are a troupe of life-sized puppets with and without disabilities designed to teach children to understand and accept differences in one another. They bring forth a very empowering message, "We all belong." This educational program seeks to create an awareness that helps all children to realize their full potential and deal positively with their misconceptions and concerns.

The EEA Kids on The Block Performances are always offered free of charge!



### Edmonton Epilepsy Association

#### KIDS ON THE BLOCK

Online Presentations  
The Kids on the Block Puppet Show:  
• models first aid practices  
• examines the social and emotional impact of epilepsy  
• addresses questions and stereotypes surrounding epilepsy  
• provides support and encouragement to children living with epilepsy  
• empowers classmates to understand and accept individual differences

#### THE ONLINE PRESENTATION

During COVID-19, times, the Edmonton Epilepsy Kids on the Block presentation is offered online. Register to connect with us in Edmonton, watch the show and interact with our chat-line.

#### PERFORMANCE COST

While there is no charge for a Kids on the Block Performance, your donations will ensure its ongoing viability.

#### BOOK AN ONLINE PERFORMANCE

Online performances take about 40 minutes and we can connect up to 100 households at one time. Students can also interact with the puppets through chat questions. Call the Edmonton Epilepsy @780-488-9600 or email at us [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org) for more info.

ONLINE PRESENTATIONS



# EEA REGULAR PROGRAMS



## HOBSCOTCH MEMORY PROGRAM

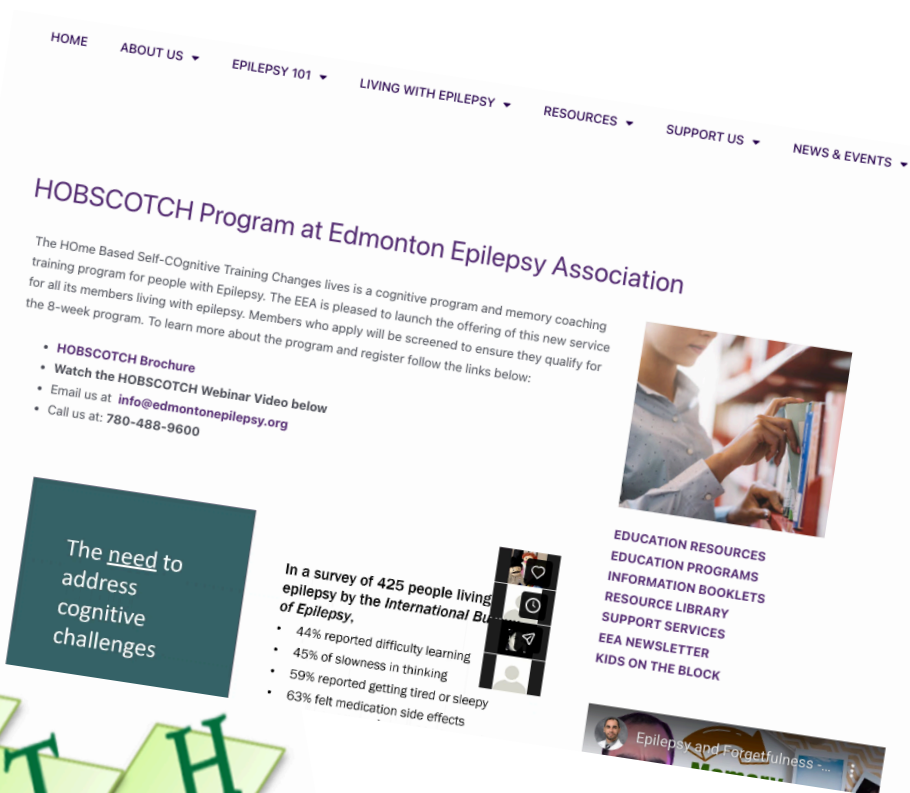
Free memory-coaching program for people with epilepsy. [Click here for more info.](#) The HOme Based Self-COGnitive Training CHanges lives is a cognitive program and memory coaching training program for people with Epilepsy. The EEA is pleased to launch the offering of this new service for all its members living with epilepsy. Members who apply will be screened to ensure they qualify for the 8-week program.

*Free program  
for EEA  
members!!*



Home Based  
Self-Management &  
Cognitive Training **Changes Lives**

 **Dartmouth-Hitchcock**  
MEDICAL CENTER



HOME ABOUT US ▾ EPILEPSY 101 ▾ LIVING WITH EPILEPSY ▾ RESOURCES ▾ SUPPORT US ▾ NEWS & EVENTS ▾

### HOBSCOTCH Program at Edmonton Epilepsy Association

The HOme Based Self-COGnitive Training CHanges lives is a cognitive program and memory coaching training program for people with Epilepsy. The EEA is pleased to launch the offering of this new service for all its members living with epilepsy. Members who apply will be screened to ensure they qualify for the 8-week program. To learn more about the program and register follow the links below:

- [HOBSCOTCH Brochure](#)
- [Watch the HOBSCOTCH Webinar Video below](#)
- Email us at [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org)
- Call us at: 780-488-9600

**The need to address cognitive challenges**

**In a survey of 425 people living with epilepsy by the International Bureau of Epilepsy,**

- 44% reported difficulty learning
- 45% of slowness in thinking
- 59% reported getting tired or sleepy
- 63% felt medication side effects

**EDUCATION RESOURCES**  
EDUCATION PROGRAMS  
INFORMATION BOOKLETS  
RESOURCE LIBRARY  
SUPPORT SERVICES  
EEA NEWSLETTER  
KIDS ON THE BLOCK

**Epilepsy and Forgetfulness**



# EEA REGULAR PROGRAMS



## MENTORSHIP PROGRAM

Inquire with us about connecting with a trained EEA mentor, to get individualized support about life with epilepsy. **More info here.** We are accepting applications for this program from any EEA member in good standing. We also always look forward to recruiting new Mentors. To learn more about either role, connect with our office at [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org)



Edmonton Epilepsy Association | The Epilepsy Association of Northern Alberta

## EEA MENTORSHIP PROGRAM

Mentee Form -2022

---

### Purpose

---

The EEA Mentorship program is created to provide people impacted by epilepsy to access invaluable perspectives and support from others who have been or are living similar experiences and understand what it means to live with epilepsy. The program is established to ensure mentees and mentors, as members of the Edmonton Epilepsy Association, develop a mutual understanding of expectations from the beginning of their relationship. The program fosters communication, connectivity and understanding. The program lays out expectations and definitions of each role and provides guidelines to follow to build and nurture the relationship.

*Free program  
for EEA  
members!!*





# EEA REGULAR PROGRAMS



## SCHOLARSHIPS

Applications for these scholarships close March 31 every year. [Learn more at this link.](#) Scholarships are an essential part of our work, reflecting our commitment to recognizing and celebrating the achievements of people living with epilepsy across all ages. We offer three scholarships: two are open for applications from January to March each year, and one is available year-round.

*Scholarships for EEA members!!*

### Brittany Hughes Memorial Scholarship Fund



#### Life Enhancement Scholarships for Youth

These Scholarships, to a maximum of \$500 each, are available for Youths of any age, up to the age of 18, to assist them in participating in Arts and Cultural Activities that will enhance their development as individuals. **APPLICATIONS ARE ACCEPTED FROM JANUARY 1ST TO MARCH 31ST EACH YEAR. [CLICK HERE TO ACCESS THE PDF APPLICATION FORM.](#)**

Watch an interview with Lyndsay Kruger, Brittany's sister, telling her story and talking about her legacy.



### Garry Hannigan Memorial Scholarship Fund



#### Life Enhancement Scholarships for Youth

These Scholarships, to a maximum of \$500 each, are available for Youths of any age, up to the age of 18, to assist them in participating in Sports, or Recreational Activities that will enhance their development as individuals.

**APPLICATIONS ARE ACCEPTED FROM JANUARY 1ST TO MARCH 31ST EACH YEAR. [CLICK HERE TO ACCESS THE PDF APPLICATION FORM.](#)**

## Continuing Education Scholarship



EEA also manages the Edmonton Epilepsy Continuing Education Scholarship.

**APPLICATIONS FOR 2025 are now open. APPLICATIONS ARE ACCEPTED FROM JANUARY 1ST TO MARCH 31ST EACH YEAR. [CLICK HERE TO ACCESS THE PDF APPLICATION FORM](#)**



# EEA REGULAR PROGRAMS



## FAMILY PROGRAMS

We offer education sessions tailored to families with kids diagnosed with epilepsy.

## KIDS AND YOUTH PROGRAMS

We run regular outings and kids-focused programs.

*Support programs  
for EEA member families!!*

## RESOURCES FOR FAMILIES



### EPILEPSY 101 SESSIONS FOR FAMILIES

Visit this page for new dates of epilepsy 101 sessions for families. This presentation offers access to basic understanding of what epilepsy is, what seizures are and how they can be recognized, seizure first aid and other information about supporting kids with epilepsy!

### NEXT WEBINAR AND IN PERSON SESSION

- Email us at [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org) to request a

## RESOURCES FOR YOUTH



### YOUTH FUN SESSIONS

See the list below and keep visiting this page to learn of new projects. Click on the links below to register for your fun session today! Registration will be followed by sharing details about safety protocols, costs and other information.

### 2025 UPCOMING EVENTS

- ART WORKSHOP** – register to attend this workshop in person, at our office in Edmonton (9915 148 street) – learn to paint silhouettes and discover how art can help you face challenges.



**CLICK HERE TO  
ACCESS  
RESOURCES:**

**FOR FAMILIES  
FOR FRIENDS/ PEERS  
FOR TEACHERS/  
EDUCATORS  
FOR EMPLOYERS/  
EMPLOYEES  
FOR MEDICAL  
PROFESSIONALS  
FOR FIRST RESPONDERS**



# EEA REGULAR PROGRAMS

## AWARDS

We recognize special contributions by EEA members living with epilepsy. [More info here.](#) In 2026, the EEA will honor two outstanding members — the recipients of the Cam Reid Volunteer of the Year and the EEA Achiever of the Year awards. Each recipient will receive a prize valued at \$250, and their names will be added to our commemorative trophies in recognition of their contributions.



In 2026  
Volunteer awards will come  
with money prize!





# EEA REGULAR PROGRAMS



## **SOCIAL GATHERINGS**

We organize regular gatherings for children, families and adults living with epilepsy. Check our calendars for dates.

## **EPILEPSY EDUCATION WEBINARS**

Regular online webinars offered on topics about epilepsy. <https://albertaeweb.ca/>

## **EPILEPSY 101 ON-DEMAND SESSIONS**

We run online and in-person on demand educational sessions about epilepsy. Email us at : [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org).

## **AWARENESS CAMPAIGNS**

We are all about epilepsy awareness. We run three official campaigns per year.

## **ADVOCACY**

We advocate for people with epilepsy. Connect with us and see how we can help.

## **INDIVIDUAL SUPPORT**

Every person impacted by epilepsy has different needs. Reach out to see how we can help you.

