



# Programs & Services

## Community Connection & Support

### Walk to End Epilepsy

- Held annually throughout the region to foster connection and community.

### Circle of Friends Support Groups

- Positive educational and emotional support for people living with epilepsy and their families.

### Community Action Network (CAN)

- Leadership opportunities for adults to bring our mission to communities through awareness, service, and support.

### Peer Support Program

- An adult mentorship program for to share life experiences and form connections.

### Youth Council

- Local leadership and advocacy opportunities to youth volunteers impacted by epilepsy.

## Education & Training

### Epilepsy Connect Symposium

- In person conference for people with epilepsy, caregivers, and healthcare providers to learn about a wide variety of topics including treatment options, research updates, wellness, and more.

### Th1nk26

- Live webinar series provides an opportunity to learn more about different aspects of epilepsy.

### Community Trainings

- On-demand and live education about epilepsy and seizure first aid to school professionals and the general public.

## Camps & Retreats

Support and encouragement for children, teens, young adults, and families to build confidence, friendships, and life skills while experiencing the great outdoors.

- Rock N' Rally (8-12)
- Fun 'n Frontiers (families)
- Camp Never Give Up! (13-17)
- Purple Peaks Retreat for Young Adults



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[info@epilepsycowy.org](mailto:info@epilepsycowy.org)

## Mental Health Services

### Case Management

- This free program is designed to support people of all ages to live well with seizures. Care management is open to anyone living with epilepsy or their family members.

### Preferred Provider Network

- We train therapists to work effectively with people with epilepsy and seizures and will match clients with a therapist upon request. We offer partial reimbursement as needed.

### Project UPLIFT

- This free, eight-week, Zoom-based skill-building course for adults uses mindfulness and cognitive-behavioral therapy to teach skills to deal with stress and emotions.

### PACES

- This free, eight-week, Zoom-based self-management program for adults helps participants develop coping and goal-setting strategies to improve overall and specific aspects of life.

### Emergency Assistance Fund

- This fund provides financial assistance for those impacted by epilepsy. Funding is based on many factors including specific circumstances and our current budget.

## Programas y Servicios en Español

### Epilepsia 101

- Este programa de educación es virtual, GRATIS, y enfoca en diferentes temas relacionadas a la epilepsia.

### Programa de Apoyo entre Pares

- Este programa es para adultos que se ven afectadas por epilepsia. Incluye teniendo un mentor quien puede compartir su experiencia de viviendo con epilepsia para alentar y apoyar a otra persona en su viaje.

### Información, Referencia, y Administración de Casos

- Contactenos si tiene preguntas sobre epilepsia, programas o recursos. Podemos ayudarle.

### Grupo de Apoyo

- Grupo de apoyo en español para la gente con epilepsia se reúne el segundo martes de cada mes a las 6 hasta 7 pm.

### Ferias de Salud

- Participamos en ferias de salud en diferentes partes del año. Algunos ofrecen muchos recursos en español.

### Fondos de Emergencia

- Si tiene dificultades en comprando comida, sus medicamentos, pulsera de alerta, o algo más, puede aplicar recibir ayuda con este programa.

Pueden contactar a Leigh si tienen preguntas sobre estos programas:

Leigh@epilepsycow.org o 303-317-6884