

## Intake, Information & Referral

First time callers to ESNOC will receive immediate support and education through individualized attention for best possible seizure and symptom control. Callers will be connected to the most appropriate support group(s) and educational programs within our organization. Callers will also be referred to epilepsy specialists, community organizations and additional resources. Seizure control is the goal! **Please call (714) 916-0456.**

## Epilepsy 101

This is a must attend presentation for the newly diagnosed and those who are still struggling with seizure control. A one hour class where you will learn the facts about epilepsy which will guide you forward in your search for seizure freedom. Diagnosis, treatment options, emergency medications and *your questions* will be discussed in this class. Be informed and avoid unnecessary mistakes often involved with epilepsy. This class will help you make the best decisions for you or your loved one's brain.

**Second Friday of every month, 6:00-7:00 pm**

**Call for meeting location 714-916-0456**

**\*Childcare available with RSVP**

## TEENS



### Teen Club

This is a Social Skills group for mildly to moderately affected teens with epilepsy, 13-18 years who would benefit from social skills instruction. Teens will enjoy typical teen activities; organized games, hanging out, listening to music all while improving their social skills. The Teen Club is facilitated by a clinical psychologist experienced with social challenges facing teens with epilepsy.

This group focuses on: • Self Awareness & Esteem • Building & Sustaining Friendships • Social Planning • Social Responsibility

**Second Friday of every month, 7:00-8:30 pm**

**Call to sign up and for meeting location 714-916-0456**

## ADULTS



### Adult Educational Support Group

An educational and social support group for adults diagnosed with epilepsy. This group meets monthly to learn about the most up to date information, treatments and research in the field of epilepsy. Expert guest speakers are scheduled regularly focusing on specialized information most relevant to our group members needs and interests.

**Second Friday of every month, 7:00-8:30 pm**

**Call for meeting location 714-916-0456**

**\*FFC Childcare available with RSVP**

## PARENTS



### Emotional Support Group for Parents

An encouraging and uplifting support group facilitated by a licensed, clinical psychologist who specializes in epilepsy. Parents meet monthly to discuss all areas of life affected by epilepsy. Join other parents in a safe and understanding environment to gain useful skills empowering you to manage epilepsy. Hands down, our most anticipated meeting!

**\*FFC Childcare available with RSVP**

**Call for meeting location 714-916-0456**

**Second Friday of every month, 6:00-7:00 pm**

### Educational Support Group for Parents

Educational support group for parents featuring guest speakers specializing in epilepsy and other fields that affect your child. Connect with experienced parents who share their knowledge to improve your child's condition. Join us and learn how to manage the care and treatment of your child's epilepsy with the goal of seizure control. **\*FFC childcare available with RSVP**

**Second Friday of every month, 7:00-8:30 pm**

**\*Friday Friends Club (FFC) also known as Childcare**

While parents attend our programs, FFC provides play and social skills time for developing fine and gross motor skills in a safe, accepting, playful and purposeful environment. Children with epilepsy and their siblings are invited. Our qualified childcare staff are fingerprinted and certified in CPR, Seizure Recognition & First Aid. We recommend parents to bring their child's Diastat or emergency rescue medication if prescribed. **We may not be able to provide one-on-one supervision should your child require this level of care. Please, make reservations so we may properly staff Friday Friends Club.**

### On-Line Support Group for Parents

Our on-line support group allows you to reach out to parents who collectively have over 200 years of diverse experience in the area of pediatric epilepsy. Chances are, the answers you are searching for are here in this group. Save much time and worry, just post the question and see how much information is provided. This group is committed to helping parents in their time of need; 7-days a week, evenings, etc. An invaluable source of support and expertise! **Pre-requisite: In order to protect our on-line families all registrants are required to attend one of our Epilepsy Support Network meetings or events.**

### Mom's Night Out (also known as Dad's Night In)

Do you need a break from the everyday joys of being a Mom? Are you in need of Laughter Therapy? A recess break? Join other moms who understand life of parenting a child with epilepsy for an evening of dinner, coffee and a little "girl" time. Rejuvenation is a key component of good parenting and we are here to help! **4 Sundays a year, please check the website for dates.**

## COMMUNITY PRESENTATIONS



### Seizure Recognition & First Aid

This one hour presentation is designed for and teaches adults in charge how to recognize a seizure and when to administer first aid.

#### Who should attend?

All staff members in the following settings: schools, child care facilities, after school programs, churches, youth sports coaches,

employers, etc... Companies who employ people with epilepsy or work with individuals diagnosed with epilepsy should also schedule a presentation. **To schedule a no-cost presentation at your location, please call us at (714) 916-0456.**

### Building a Healthy Brain

Designed for parents of children ages 0-5 years, this presentation focuses on creating the ideal environment to "build a healthy brain." Nurturing your child's developing brain might be the most important investment you make in your child's future. In the first three years of life, the brain experiences the most rapid growth. Learn basic nutrition for healthy brain development and how to protect your child's brain from the most frequently occurring injuries. You will also learn about seizures and first aid as seizures occur most frequently in children 0-2 years of age.



**Call (714) 916-0456 to schedule a no-cost presentation for your Mom's Club, MOPS Group, Play Group or any parent group or organization involved with children 0-5 years of age.**

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**\*FFC Childcare available with RSVP**

## EPILEPSY WALK ORANGE COUNTY

The community rallies together to raise funds to keep our programs and services free for parents, children, teens and adults with epilepsy. This event is a non-competitive pledge-driven, walk offering a family carnival with games, silent auction, bbq lunch and more. We have opportunities for walkers, team captains, sponsorships and volunteers. Join Us April, 28, 2012!



### Serving Orange County

Epilepsy affects 32,000 people in Orange County. For 11,000 of these individuals medical treatment has been ineffective and they continue to have seizures. Because epilepsy is a complex neurological condition, many times people need help sorting through medical, educational, social and emotional aspects of the condition. Most of what the general public knows is based on harmful oversimplification, myths and outdated information, further perpetuating the problem.

The Epilepsy Support Network of Orange County is improving the outlook for people diagnosed with epilepsy. We are accomplishing this by providing the highest quality epilepsy specific educational programs as well as support services. ESN's energetic and experienced staff members have succeeded in accomplishing our goal of seizure free lives for many of our members. We look forward to being your partner as you pursue seizure control. Contact us immediately and let us help you on your journey to a much improved quality of life!



**www.EpilepsySupportNet.org**  
**(714) 916-0456 tel/fax**

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Federal Tax I.D. #27-0681680  
The Epilepsy Support Network of Orange County is a 501(c)(3) Federal Income Tax Exempt organization.

### Support Group Meetings Location:

*Please call or email for current meeting location*  
**Telephone | 714.916.0456**  
**Email | info@EpilepsySupportNet.org**  
**Or visit our webpage and sign up for monthly emails.**