



PACES

Helping adults manage their epilepsy and learn strategies for emotional and community adjustment.

PACES is a free, virtual 8-week psychoeducational group for adults diagnosed with epilepsy.

Throughout the program you will learn self-management strategies for different topics each week and learn from other community members.



Interested in participating?

- Visit www.efepa.org/paces
- Scan QR code to sign up
- Contact Seamus Morgan at smorgan@efepa.org or 215-629-5003 ext. 105

