

# 2023 Support Group Calendar



Accessing the latest information, resources and social support can make managing the impact of epilepsy much easier. Support groups are free and open to people with epilepsy, friends, family members and health professionals. RSVPs are not required but are preferred for planning purposes. For questions or to RSVP, contact the POC provided.

**Some of our Support Groups are meeting in person and some are meeting virtually. Please check the details for each group for more information.**

For Virtual Zoom meetings, you do not need a Zoom account to join.

- From a computer, use the Zoom Meeting Link provided for that meeting
- From a cell phone or tablet, download the Zoom app and enter the Zoom Meeting ID
- To call in via phone call (just audio, without video), dial (929) 436-2866 and enter the Zoom Meeting ID

## Teen Epilepsy Education & Support Group: Virtual Meetings - **NEW!**

Designed specifically for youth with epilepsy. Teens, ages 15-19 with epilepsy are invited to join us live on Zoom!

Meetings are held **every month on the 3rd Thursday** from 6:30 pm – 8:00 pm

EFEPA Facilitators: Rena Loughlin, Program Director & Andrew Chmielowiec, Camp & Community Outreach Coordinator

For Questions and to RSVP, contact Andrew Chmielowiec: [achmielowiec@efepa.org](mailto:achmielowiec@efepa.org) / (215) 629-5003 x103

**RSVP is required to attend.** To register visit: [tinyurl.com/EFEPATeen](https://tinyurl.com/EFEPATeen)

May 18    June 15    July 20    No August mtg    September 21    October 19    November 16    December 21

## Couples Support Group: Virtual Meetings

Designed for those diagnosed with epilepsy and their significant other

Meetings are held **every other month on the 4th Thursday**, or as noted below, from 6:30 pm – 8:00 pm

EFEPA Facilitator: Rachel Robinson, Office Administrator

For Questions and to RSVP, contact Rachel: [rrobinson@efepa.org](mailto:rrobinson@efepa.org) / (215) 629-5003 x100

Zoom Meeting Link: <https://zoom.us/j/92051950408>

Zoom Meeting ID: 920 5195 0408

February 23    April 27    June 22    Aug or Sept In Person    October 26    December 21

## Parents Support Group: Virtual Meetings

Open to parents of children with epilepsy of any age

Meetings are held **every other month on the 2nd Wednesday** from 7:00 pm – 8:30 pm

For Questions and to RSVP, contact Rena Loughlin, Program Director: [rloughlin@efepa.org](mailto:rloughlin@efepa.org) / (215) 779-8828

Zoom Meeting link: <https://zoom.us/j/97549070118>

Zoom Meeting ID: 975 4907 0118

February 8    April 12    June 14    August 9    October 11    December 13

## Berks & Lancaster Counties: Virtual & In-Person Meetings

Meetings are held monthly on the **4th Tuesday**, or as noted below, from 6:00 pm – 7:30 pm

EFEPA Facilitator: Kerri Michnya, Lancaster County Resource Coordinator

For Meeting Location, Questions and to RSVP, contact Kerri: [kmichnya@efepa.org](mailto:kmichnya@efepa.org) / (717) 449-1872

For Virtual Meetings, use Zoom link: <https://zoom.us/j/97361263359>

Zoom Meeting ID: 973 6126 3359

No Jan meeting: Webinar	No May meeting	September 26
February 28: Bowling Party	June 27	October 24
Thurs, March 9: Watch Party Adult Conf	July 25	No Nov meeting: ExtraGive Event
April 25	No August meeting	December 19

# 2023 Support Group Calendar

## Bucks County Support Group: In-Person Meetings

Meetings are held monthly on the **1st Thursday**, or as noted below, from 6:30 pm – 8:00 pm

**Location:** Woodside Church, 1667 Edgewood Rd, Yardley, PA 19067

Meeting Facilitators: Sue Livingston & Denise Taylor

For Questions and to RSVP, contact Rena Loughlin, Program Director: [rloughlin@efepa.org](mailto:rloughlin@efepa.org) / (215) 779-8828

January 5	May 4	September 7
February 2	June 1	October 5
March 2	July 6	November 2
April 6	August 3	December 7

## Delaware County Support Group: In-Person Meetings

Meetings are held monthly on the **2nd Wednesday**, or as noted below, from 6:30 pm – 8:00 pm

**Location:** Riddle Hospital, Healthcare Center 4, Suite 101

1118 West Baltimore Pike, Media, PA 19063

Meeting Facilitators: Sue Livingston & Carol DeLizzio

For Questions and to RSVP, contact Rena Loughlin, Program Director: [rloughlin@efepa.org](mailto:rloughlin@efepa.org) / (215) 779-8828

Thurs, January 5 (virtual)	May 10	September 13
February 8 (virtual)	June 14	October 11
March 8	July 12	November 8
April 12	No August meeting	December 13

## Lehigh Valley Support Group: Virtual Meetings

Meetings are held monthly on the **2nd Thursday**, or as noted below, from 6:00 pm – 7:30 pm

EFEPA Facilitator: Ellen Baca, Lehigh Valley Resource Coordinator

For Questions and to RSVP, contact Ellen: [LV@efepa.org](mailto:LV@efepa.org) / (610) 737-0613

Zoom Meeting link: <https://zoom.us/j/94283534995>

Zoom Meeting ID: 942 8353 4995

January 12	May 11	September 14
February 9	June 8	October 12
March 9	July 13	November 9
April 13	August 10	December 14

## Northeast Support Group: In-Person Meetings

Meetings are held monthly on the **4th Wednesday**, or as noted below, from 7:00 pm – 8:30 pm

EFEPA Facilitator: Mary Loughlin, NEPA Resource Coordinator

For Meeting Location, Questions, and to RSVP, contact Mary: [epilepsywv@efepa.org](mailto:epilepsywv@efepa.org) / (570) 592-1150

January 25	May 24	September 27
February 22	June 28	October 25
March 22	July 26	November 15
April 26	August 23	December 13

## Philadelphia Support Group: Virtual Meetings

Meetings are held monthly on the **2nd Tuesday**, or as noted below, from 6:30 pm – 8:00 pm

For Questions and to RSVP, contact Rena Loughlin, Program Director: [rloughlin@efepa.org](mailto:rloughlin@efepa.org) / (215) 779-8828

Zoom Meeting link: <https://zoom.us/j/99073685980>

Zoom Meeting ID: 990 7368 5980

January 10	May 9	September 12
February 14	June 13	October 10
March 14	July 11	November 14
April 11	August 8	December 12