

2024 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 preferred for planning purposes.

For questions, to RSVP, or to be added to the group's email distribution list contact the POC provided.

**Some of our Support Groups are meeting in person, some virtually, and some both.
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

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

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

Facilitators: Rena Loughlin, Andrew Chmielowiec & Dana Pirolli

For questions or to RSVP, contact Andrew: achmielowiec@efepa.org / (215) 629-5003 x103

RSVP is required to attend. To register visit: tinyurl.com/EFEPATeen

January 18	April 18	July 18	October 17
February 15	May 16	No August meeting: Camp	November 21
March 21	June 20	September 19	December 19

Couples Support Group: Virtual & In-Person Meetings

Designed for those diagnosed with epilepsy and their significant other

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

Zoom Meeting Link: <https://zoom.us/j/92051950408>, Zoom Meeting ID: 920 5195 0408

Facilitators: Rachel Robinson & Jeff LaBonde

For questions or to RSVP, contact Rachel: rrobinson@efepa.org / (215) 629-5003 x100

January 25	Feb 24: Dinner in Person	March 28	May 23	July 25	September 26	November 22
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Parents Support Group: Virtual Meetings

Open to parents of children with epilepsy of any age

Meetings are held **every other month on the 1st Tuesday from 6:30 pm – 8:00 pm**

Zoom Meeting link: <https://zoom.us/j/97549070118>, Zoom Meeting ID: 975 4907 0118

Facilitator: Janette Locke

For questions or to RSVP, contact Janette: jlocke@efepa.org / (215) 629-5003 x105

February 6	April 2	June 4	August 6	October 1	December 3
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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**

For Virtual Meetings, use Zoom link: <https://zoom.us/j/97361263359>, Zoom Meeting ID: 973 6126 3359

Facilitator: Kerri Michnya

For meeting location, questions or to RSVP, contact Kerri: kmichnya@efepa.org / (717) 449-1872

January 23	No April meeting	July 23	No Oct mtg: Lancaster Walk
February 27: Bowling Party	May 28	No August meeting	No Nov mtg: ExtraGive Event
March 26	June 25: Picnic in the Park	September 24	December 17

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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: McCaffery's Food Market—upstairs
635 Heacock Rd, Yardley, PA 19067

Facilitators: Sue Livingston & Denise Taylor

For questions or to RSVP, contact Rena: rloughlin@efepa.org / (215) 779-8828

January 4	April 4	No July meeting	No Oct mtg (Rosh Hashanah)
February 1	May 2	August 1: Picnic	November 7
March 7	June 2	September 5	December 5: Holiday Party

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

Facilitator: Sue Livingston & Carol DeLizzio

For questions or to RSVP, contact Rena: rloughlin@efepa.org / (215) 779-8828

January 10	April 10	July 10	October 9
February 14	May 8	No August meeting	November 13: Holiday Party
March 13	June 12	September 11	No Dec mtg (Chanukah)

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

Zoom Meeting link: <https://zoom.us/j/94283534995>, Zoom Meeting ID: 942 8353 4995

Facilitator: Ellen Baca

For questions or to RSVP, contact Ellen: LV@efepa.org / (610) 737-0613

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

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

Location: Michael P. Loughlin Epilepsy Community & Resource Center
845 Wyoming Ave, Kingston, PA 18704

Facilitator: Mary Loughlin

For questions or to RSVP, contact Mary: epilepsywv@efepa.org / (570) 592-1150

January 24	April 24	July 24	October 23
February 28	May 22	August 28	November 20
March 27	June 26	September 25	December 18: Holiday Party

Philadelphia Support Group: Virtual & In-Person Meetings

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

For 2024, support group meetings will primarily remain virtual with in-person meetings occurring quarterly.

Zoom Meeting link: <https://zoom.us/j/99073685980>, Zoom Meeting ID: 990 7368 5980

Facilitator: Janette Locke

For questions or to RSVP, contact Janette: jlocke@efepa.org / (215) 629-5003 x105

January 9	April 9	July 9	October 8
February 13	May 14	August 13	November 12
March 9: In Person	June 11	September 10	December 10: Holiday Party