

CENTRAL SAN DIEGO

Family Support Group & Children's Expressive Arts Program

Date/Time: 3rd Wednesday of each month (excluding December & July)/6:00-8:00 pm
Location: Girl Scouts Headquarters – Leadership Center, 1231 Upas Street, San Diego 92103
Contact: Ginny Chacos 619.296.0162
Agenda: 6:00 – 6:30 Registration and Complimentary Buffet Dinner
6:30 – 8:00 (childcare provided for art program – all ages and siblings welcome)
Children – Expressive Arts: Self exploration through the arts, working to build communication, social skills and each child's own strengths, directed by Amara Burkesmith, MA, Expressive Arts Therapist/Educator.
Parents – Support Group: Open forum for discussion, information sharing and peer support for parents of children living with epilepsy, mixed with occasional guest speakers. **PLEASE RSVP.**

Tuesday Symposium for Adults

Date/Time: 3rd Tuesday of each month (excluding December)/10:00 am – 12:00 noon
Location: Epilepsy Foundation Office, 2055 El Cajon Blvd., San Diego 92104
Contact: Susan Upchurch, MA, Director of Client Services, 619.296.0163
Description: Facilitated forum to address all epilepsy-related issues: medical, legal, psychological, relationship, insurance, DMV, employment, financial, housing, transportation, etc..

Teen Expressive Arts

Date/Time: 2nd Wednesday of each month (excluding July)/6:00-8:00 pm (CALL FOR TEEN EVENTS)
Location: Epilepsy Foundation Office, 2055 El Cajon Blvd., San Diego 92104
Contact: Ginny Chacos, 619-296-0161; facilitated by Amara Burkesmith, MA, Expressive Arts Therapist/Educator.
Description: For students ages 13-17 interested in taking leadership in advocating for epilepsy awareness through projects and community events. Teens w/ any connection to epilepsy welcome. **PLEASE RSVP.**

Expressive Arts Socials and Workshops

Date/Time: 4th Wednesday of each month 6PM – 8PM pm (Time and Location may vary)
Location: Epilepsy Foundation Office, 2055 El Cajon Blvd., San Diego 92104
Contact: Ginny Chacos, 619-296-0161; facilitated by Amara Burkesmith, MA, Expressive Arts Therapist/Educator.
Description: The 4th Wednesday of the month an Expressive Arts group or fundraiser will be open to teens with epilepsy and teen siblings **OR** young adults/ adults with epilepsy **OR** parents and families living with epilepsy.
PLEASE RSVP.

Private Expressive Arts Sessions

10-week sessions scheduled by appointment. Please contact Ginny to be put on the waitlist or for more information. Facilitated by Amara Burkesmith, MA, Expressive Arts Therapist/Educator.

EAST COUNTY SAN DIEGO

Children's Expressive Arts Program (ages 6-12)

Date/Time: 1st Wednesday of each month/4:30-6:45 pm
Location: Kroc Corps Community Center – Art Room, 6845 University Avenue, SD 92115
Contact: Epilepsy Foundation of San Diego County, 619.296.0162 (drop off program – child care provided)
Agenda: Expressive Arts: Self exploration through the arts, working to build communication, social skills and each Child's own strengths, facilitated by Amara Burkesmith, MA, Expressive Arts Therapist/Educator.
PLEASE RSVP.

NORTH COUNTY SAN DIEGO

Parent & Adult Support Group

Date/Time: 1st Tuesday of each month (excluding December)/7:00-8:30 pm

Location: New Haven Youth and Family Services Building, 1126 North Melrose Drive, Vista 92083

Contact: Kelley Grimes, MSW, North County Client Services Provider, 619.296.0161

Description: Facilitated forum for discussion, information sharing and peer support. Childcare provided. **PLEASE RSVP.**

Epilepsy Workshop

Date/Time: 3rd Tuesday of each month (excluding December)/7:00-8:30 pm

Location: New Haven Youth and Family Services Building, 1126 North Melrose Drive, Vista 92083

Contact: Kelley Grimes, MSW, North County Client Services Provider, 619.296.0161

Description: Different interactive workshop each month including epilepsy 101, Communication, Coping and more.

VARIOUS LOCATIONS IN SAN DIEGO

Young Adults for Epilepsy

Date/Time: Activities and Events throughout the year, quarterly planning meetings.

Location: Various locations in and around San Diego

Contact: Emma Lawson, Programs and Communications Manager, 619-296-0162 or email emma@epilepsysandiego.org to get on the mailing list.

Description: A social group of young adults who connect over various activities in the San Diego community and work together to face the challenges created by epilepsy. **PLEASE RSVP.**

For more information or to register for a meeting please call 619.296.0161.

Epilepsy Foundation of San Diego County • 2055 El Cajon Blvd., San Diego CA 92104 • 619.296.0161 • www.epilepsysandiego.org