



PACES in Epilepsy

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

PROGRAM HIGHLIGHTS

- **Education** about seizure types and available treatments, the influence of epilepsy on mood, stress, and cognition, and strategies for healthy lifestyle and active community engagement.
- **Training and practice** using specific strategies to cope with stress
- Personalized goal-setting and support to help you articulate and pursue life changes that are important to you.
- **Qualified facilitator** tandem to include a trained epilepsy mental health professional and a trained peer with epilepsy.
- **A group program in-person or by phone**, depending on what works best for the participant.

SESSION TOPICS

- Epilepsy and Medical Issues
- Dealing with Stress and The Blues (I)
- Dealing with Stress and The Blues (II)
- Compensating for Cognitive Challenges
- Getting the Most out of Community Living
- Managing My Epilepsy Care
- Effective Communication About My Epilepsy
- My Health and Wellbeing

NEED HELP WITH EPILEPSY?

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.

CONTACT:

To learn more or participate, contact Roxana Galera, rgalera@eafla.org or Rachel Stevens, rstevens@eafla.org



Visit the PACES website for more information



epilepsyalliancefl.org