



THE CENTER FOR  
**EPILEPSY & SEIZURE EDUCATION**  
IN BRITISH COLUMBIA

# December 2020 Newsletter

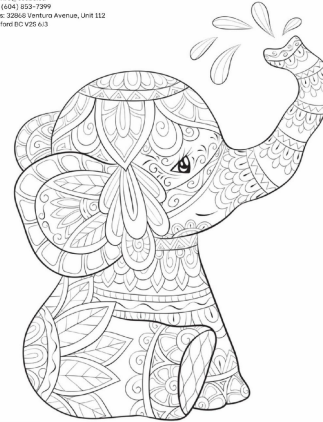


## COLOURING CONTEST

Thank you to everyone who entered our  
annual colouring contest and  
congratulations to our contest winners:

Kelsey White Age 8  
Ekam Saini Age 10  
Winter Brown Age 15  
Annelise Juno Age 17

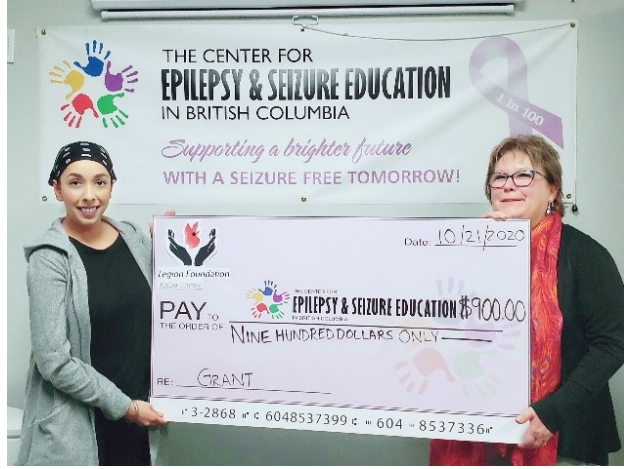
Name: ..... Age: .....  
Address: ..... Phone Number: .....  
It's time for our Annual Colouring Contest!  
Take a picture of the finished page and tag us on Instagram, Facebook, Twitter or send your artwork to us through mail or  
email at info@ceebc.ca for your chance to win! Make sure to include a fact about epilepsy below. The top 3 winners in each  
age category will receive a gift card and the 2nd and 3rd place winners in each age category will also receive a prize.  
Contest Deadline: September 14, 2020. Age Groups: Children (8-10), Youth (11-18) & Adults (19+)  
Email: info@ceebc.ca  
Phone: (604) 522-7299  
Address: 3286 Ventura Avenue, Unit 112  
Abbotsford BC V2S 6L3



What do I know about Epilepsy?  
.....  
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**Legion Foundation BC/Yukon**  
**Command Donation**



We would like to thank the Legion Foundation BC/Yukon Command for their generous grant of \$900.00 towards our Therapeutic Art Program. We truly appreciate your support.

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## ***MANDALA ART EXPRESSION SERIES***

We continue to offer our Mandala Art Sessions online via live stream on Facebook and are happy to report that we have received several positive comments. We are happy to report that we have secured enough grant funding to continue these sessions in 2021!

Please join us for our last Mandala Art Session of 2020!

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WILL BE HOSTING SESSION 5 of the  
**MANDALA ART EXPRESSION SERIES**

on FACEBOOK LIVE:

<https://www.facebook.com/centerforepilepsy/>

DATE: December 17, 2020

TIME: 1:30 PM

VISIT [WWW.ESEBC.CA](http://WWW.ESEBC.CA) TO REGISTER & RECEIVE A FREE  
PAINT KIT (SUPPLIES ARE LIMITED).

REGISTRATION DEADLINE: December 10, 2020



For further information or to  
register over the phone please  
contact us at (604) 853-7399 or  
[info@esebc.ca](mailto:info@esebc.ca)



Legion Foundation  
BC/Vukon Command



"We acknowledge the financial support of the Province of British Columbia."

To register for a paint kit for the session on December 17, 2020, please fill out the form on the page linked below.

<https://esebc.org/client-services-programs/support-groups/>

Supplies are limited, therefore registration must be completed by December 10, 2020 to secure your paint kit.

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***WELCOME TO OUR TEAM!***

Bookkeeper/Administration  
Coordinator  
Kayleen O'Brien



Kayleen is new to the non-profit sector but is excited to work for an organization that truly makes a difference in people's lives. She believes in the saying "happiness is found in helping others" and is happy to have found a position that reflects her values.



We have provided numerous presentations to rotary clubs and schools, reaching the communities of Vancouver, Langley, White Rock, Maple Ridge, Surrey and Abbotsford. We are now booking presentations throughout the province, including Powell River, Kamloops, Kelowna, Cumberland and Campbell River.

## ***Presentations Now Online***

We are now available to provide online presentations. If you are a school, service group, church, community group, etc. looking to learn more about epilepsy and seizures please contact us at (604) 853-7399 or email to [educationcoordinator@esebc.ca](mailto:educationcoordinator@esebc.ca) We are available for presentations between 10am-2pm Monday-Thursday, but will also work to accommodate times and days that work best for your group.

## ***Healing Hearts: The World of Epilepsy through a Lens of Therapeutic Care***

We will be hosting a presentation online by Dr. Jassal who will be discussing various holistic approaches on how to manage epilepsy and mental health.

Please join us December 9th at 1:30PM on Facebook live

<https://www.facebook.com/centerforepilepsy>





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## 50/50 Raffle

Five Prizes - Five Winners

Prize is **50%** of total game sales of each pot!

On sale starting October 30<sup>th</sup> to February 4<sup>th</sup> 2021

### 5 Different Pots

Draws being held (Via Live-stream on The Center for Epilepsy and Seizure's Facebook page between 12:00 and 1:00pm each draw date)

November 24<sup>th</sup> (Oct 30 - Nov 19)

December 8<sup>th</sup> (Nov 13 - Dec 3)

December 22<sup>nd</sup> (Nov 27 - Dec 17)

January 12<sup>th</sup> (Dec 18 - Jan 7/2021)

February 9<sup>th</sup> (Jan 15/2021 - Feb 4/2021)

**5 tickets for \$10.00**

**12 tickets for \$20.00**

For more information or to purchase tickets please call 604-853-7399 or email us at [info@esebc.ca](mailto:info@esebc.ca)

**Proceeds to go towards the education and support for Epilepsy and Seizure in BC**



*Winners Consent to the release of their name by the licensee.*

*Ticket purchasers must be 19 years of age or older. If a winning ticket bears a minor's name, the prize will be lawfully delivered on behalf of the minor to the minor's parent, legal guardian or trustee.*

BC Gaming Event License # 12766

Please Support us in our 50/50 draw - Tickets for December 22nd draw are now available. Please e-mail us at [info@esebc.ca](mailto:info@esebc.ca) if you would like to purchase tickets.

Our first draw for pot #1 was held at 12:00PM on November 24, 2020.

Congratulations to Shea Sundaresan for **winning \$500.00** in cash! You are the winner of our first 50/50 draw. We have 4 more upcoming draws so make sure to buy your tickets for a chance to win!

# Winner

Second draw for pot #2 will be held at 12:00PM on December 8, 2020. You can watch the draw live on our Facebook page!

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2020 has been such a challenging year for all of us. Covid-19 has impacted us on so many levels. Charities have not been immune to these challenges. Every dollar counts towards supporting those in need of our services.

**[Click Here to Donate!](#)**



The Center for Epilepsy & Seizure Education in British Columbia  
[www.esebc.ca](http://www.esebc.ca)

