

2020 Brisbane Adult Support Group



The Brisbane Adult Support Group gives people touched by epilepsy the chance to talk with others who have or have had similar experiences. It also provides an opportunity to establish a better understanding of epilepsy.



What is the Adult Support Group?

Skilled facilitators will guide and support each group, bringing people together ensuring that the topics and activities are relevant for the group.

Through attending the group, participants become invaluable supports to each other, building on their social network and often sharing information and experiences about the range of services in their local area.

An epilepsy support group can help you -

- Learn more about epilepsy
- Realise you are not alone
- Become informed about treatment options and side effects
- Spend time with others who share similar experiences
- Share ideas and coping strategies

The Brisbane Adult Support Group meets informally on the first Saturday of every month (except January)

Where: State Library of Queensland - Coffee Shop (Ground floor), George Street, Brisbane City

Time: 1.00pm - 4.00pm * No cost to join with partners and carers welcome!

RSVP Essential: Services team - 07 3435 5000 | jritchie@epilepsyqueensland.com.au
or Support Group Co-ordinator - Cassandra D'Arcy on cassie_babe@bigpond.com