



Offered by the Comprehensive Epilepsy Centers of NewYork-Presbyterian Healthcare System

SELF HELP GROUPS

What might be some of your concerns and challenges about living with epilepsy? What inspires you? What helps you to heal? What brings you joy? We will strive to explore opportunities to improve your well-being.

Peer Support Group

We invite you to come and share your experience of living with epilepsy. This will be a forum for discussion, an opportunity to gather and share information , and to form a connection with others living with epilepsy.

Artistic Expressions Group

This group will focus on the relationship between creativity and emotions. Come share with others and discover the transformative potential of music.

These groups will be facilitated by a non-professional living with epilepsy and supervised by Luydmila Jovine, LCSW. The groups will be ongoing.

If you are interested in hearing more about the groups, or if you would like to participate, please call 212.746.2471, or send an email to luj9002@nyp.org.