



Epilepsy + Depression = A Challenge Project UPLIFT = A Solution

Epilepsy is hard enough to cope with on its own.
When you add depression, coping can be much more difficult.
Fortunately, **Project UPLIFT** provides skills
to prevent depression and manage future stress.

WHAT IS PROJECT UPLIFT?

Project UPLIFT is a program designed to help adults with epilepsy who experience symptoms of depression. Participants attend a total of 8 support group sessions via telephone. Each group is 1 hour in duration.

HOW DO I JOIN A GROUP?

In order to join a group, you will have to attend a screening appointment either in person or via phone with a group facilitator.

HOW MUCH DOES IT COST?

All sessions are free.

WHERE WILL THE GROUP BE HELD?

Participants join group sessions via phone.

WHEN WILL THE GROUP START?

Sessions are projected to begin in June 2014.
Days and times will be based upon group member availability.

WHO IS FACILITATING THE GROUP?

The group will be facilitated by licensed social workers from the Epilepsy Foundation of Metropolitan New York (EFMNY) and co-facilitated by a person with epilepsy.



FOR MORE INFORMATION

Sonali Zoracki, LCSW, Director of Community Supports
Tel: 212-677-8550 ext. 29
Email: communitysupport@efmny.org



**TOGETHER WE'LL GO THE DISTANCE
UNTIL THERE IS A CURE**

EPILEPSY FOUNDATION OF METROPOLITAN NEW YORK
65 BROADWAY, SUITE 505, NEW YORK, NY 10006
212-677-8550 WWW.EFMNY.ORG