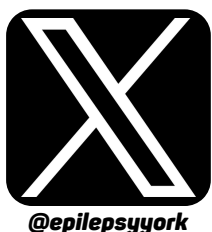


Our office hours are Monday to Thursday from 10am to 4pm.

Visitors are welcome but please call (905-640-8000) or email (info@epilepsyork.org) before you come by to ensure that we are not out in the community.

Follow us on Social Media!



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THE EYR TEAM

Claudia Cozza - Executive Director
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Tina Ng - Office & Media Administrator
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**PROGRAM & EVENT
CALENDAR**



**OCTOBER
2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Adult Support Group 6:30pm-7:30pm 	2	3
4	5 Parent/ Caregiver Support Group 6:30pm-7:30pm 	6	7 PURPLE PAGES BOOK CLUB 7PM TO 8PM 	8 BACK TO SCHOOL WEBINAR 7pm - 8:30pm	9	10
11	12 HAPPY THANKS GIVING EYR OFFICE CLOSED	13	14	15	16	17
18	19	20	21	22 WITCHFUL THINKING ADULT ART NIGHT 6:30pm to 8:30pm	23	24
25	26	27	28	29	30	31 Happy Halloween Child & Family Event 10am to 1pm

PROGRAM/EVENT REGISTRATION DEADLINES

Back to School Webinar - October 7th
 Witchful Thinking Adult Art Night - October 14th
 Child & Family Halloween Event - October 18th

ADULT SUPPORT GROUP



VIA ZOOM

TIME: 6:30PM - 7:30PM

ON THE FOLLOWING THURSDAYS:

- OCTOBER 1, 2026
- NOVEMBER 5, 2026
- DECEMBER 3, 2026

EMAIL TNG@EPILEPSYYORK.ORG TO REGISTER

epilepsy
durham region

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YORK REGION

PARENT/CAREGIVER SUPPORT GROUP



VIA ZOOM

TIME: 6:30PM - 7:30PM

ON THE FOLLOWING MONDAYS:

- OCTOBER 5, 2026
- NOVEMBER 9, 2026
- DECEMBER 7, 2026

EMAIL TNG@EPILEPSYYORK.ORG TO REGISTER

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WEBINAR

WHERE
ONLINE
VIA
ZOOM

WHEN
THURSDAY,
OCTOBER
8TH
7PM - 8:30PM

SPEAKERS
ARCH
DISABILITY
LAW CENTRE

— + —
**ANN
BLANCHETTE,
PARENT &
ADVOCATE**

HOSTED BY

epilepsy
durham region



eyr epilepsy
YORK REGION

BACK TO SCHOOL

Understanding Your Child's Rights & Supports at School

PARENTS AND CAREGIVERS OF CHILDREN WITH EPILEPSY IN GRADES JK TO 12!

Join us for an informative conversation featuring special guests from **ARCH Disability Law Centre**, who will help you better understand students' rights and accommodations within the Ontario education system including:



- Requesting accommodations and Individual Education Plans (IEPs)
- Understanding the Identification, Placement and Review Committee (IPRC) process
- What to do when accommodations or supports are not being properly implemented
- When a child's needs or disability-related supports are being denied
- Concerns about children being excluded from school because of their condition
- Emergency medication protocols and seizure response in schools
- Understanding the rights of children with epilepsy and how parents can advocate for appropriate supports



We'll also hear from **Ann Blanchette**, a parent advocate and parent of a youth with epilepsy, who represents Epilepsy Toronto on the Toronto District School Board's Special Education Advisory Committee (SEAC). Ann will share her lived experience navigating the education system and offer practical insights into advocacy and supporting a child with epilepsy at school.

This webinar is an opportunity to learn, ask questions, and feel more confident advocating for your child's educational needs throughout the school year.

There will be a general Q&A at the end of the webinar. Due to confidentiality, presenters will not be able to provide advice on individual situations or specific cases. Families with specific questions will be encouraged to connect directly with the appropriate organization for further support.

Register today at <https://forms.gle/LjJtzMiFquoRUnB2A>

Please contact Jayme at joppen@epilepsytoronto.org or Katie at katie@epilepsytoronto.org if you have any questions.

An invitation to members of

eyr epilepsy
YORK REGION

&

epilepsy
durham region

WITCHFUL THINKING **ADULT ART NIGHT**

We invite our adult members to join us via
ZOOM on **Thursday, October 22nd**,
from 6:30pm to 8:30pm
to create a spooky scene perfect for
Halloween!

To register email Tina at
tng@epilepsyork.org.

REGISTRATION DEADLINE
Wednesday, October 14th

**Note: Participants will receive the required
materials prior to the day of the event.**



NO PRIOR EXPERIENCE NEEDED!

ONLY 10 SPOTS AVAILABLE!



CHILD & FAMILY EVENT



**CALLING ALL MONSTERS
YOU ARE INVITED TO A
HAUNTED
HALLOWEEN
PARTY**

— SATURDAY, OCTOBER 31ST —

**PRESENTED BY EPILEPSY YORK REGION
CRAFTS • GAMES • FOOD • FUN**

**MEMBER'S ONLY EVENT
AT EYR OFFICE**

10:00AM – 1:00PM

**LIGHT LUNCH &
REFRESHMENTS
WILL BE SERVED**

**PUBLIC FESTIVITIES ON MAIN ST,
STOUFFVILLE**

11:00AM – 2:00PM

**SCAN QR CODE
FOR MORE
INFORMATION**



**PLEASE RSVP TO
TNG@EPILEPSYYORK.ORG
BY OCTOBER 18TH**



SickKids® | Comprehensive
Epilepsy Program



EPILEPSY
Toronto
See the Person

epilepsy
durham region
eyr epilepsy
YORK REGION

Epilepsy Family Learning Day

Hear from epilepsy experts
and network with fellow
parents and caregivers.



SAVE THE DATE

Date:

Saturday, April 17, 2027

Location:

SickKids / Peter Gilgan Centre
for Research and Learning
686 Bay Street, Toronto

To be added to a mailing list to receive further details,
contact: Christine at christine.kowal@sickkids.ca

THANKSGIVING TABLE CONVERSATION STARTERS!



What are you most proud of this year?



What is your favourite Thanksgiving pie?

If you could invite any famous person for Thanksgiving dinner, who would it be?



If you could switch lives with anyone for a day, who would it be?

Who is/was your favourite teacher?



If you could teleport anywhere right now, where would you go?

Which book are you most thankful for?



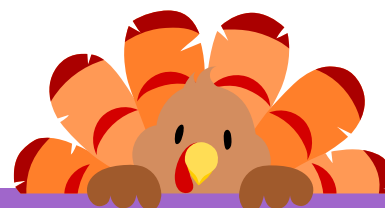
Name one thing you hope to accomplish before next Thanksgiving.

If you could change one thing in the world, what would you change?



What is your favourite Thanksgiving tradition?

What do you think is the hardest part about
.....being a kid?
.....being a parent?





THIS HALLOWEEN

PLEASE KEEP IN MIND:

The child who is grabbing more than one piece of candy may have poor fine motor skills.

The child who isn't wearing a costume may have Sensory Processing Disorder (SPD) or Autism.

The child who looks disappointed when they see your bowl of treats may have an allergy or is diabetic.

The child who takes forever to pick out one piece of candy may have poor motor planning skills.

The child who does not say "Trick or Treat" or "Thank You" may be non-verbal.

The child who looks too old to be trick or treating may be developmentally delayed.

PLEASE BE ACCEPTING, PATIENT & KIND!



Prep Time: 25 min
Cook Time: 35 mins
Total Time: 1 hr
Servings: 12

APPLE BROWNIES

INGREDIENTS

- 1 cup white sugar
- ½ cup butter, melted
- 1 large egg
- 3 medium apples – peeled, cored and thinly sliced
- ½ cup chopped walnuts (optional)
- 1 cup all-purpose flour
- ¼ teaspoon salt
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x9-inch baking dish.
2. Beat sugar, melted butter, and egg in a large bowl with an electric mixer until fluffy. Fold in the apples and walnuts. Sift flour, salt, baking powder, baking soda, and cinnamon together in a separate bowl; stir into apple mixture until just blended. Spread batter evenly in the prepared baking dish.
3. Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 35 minutes.

NOTE

Generally, the best baking apples are ones that keep their shape like Granny Smith, Jonathan/Jonagold, Cortland, Braeburn and Honey Crisp. You could also try Empire or Golden Delicious.

PUMPKIN CREAM CHEESE BARS

INGREDIENTS

Batter:

- 1 cup canned pumpkin puree
- 1 cup sugar
- 1 egg
- 1/3 cup vegetable oil
- 1 cup all-purpose flour
- 1 1/2 teaspoons pumpkin pie spice,
(see Note for substitution)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- optional 1/2 cup chopped pecan
pieces

Filling:

- 1 (8 ounce package) cream
cheese, softened
- 1/4 cup sugar
- 1 egg
- 1/2 teaspoon vanilla extract



Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Servings: 18 bars

INSTRUCTIONS

1. Preheat oven to 375°.
2. Spray a 9x13" baking pan with cooking spray. Set aside.
3. For the filling: With a hand mixer blend together softened cream cheese, sugar, egg, and vanilla until smooth. Set aside.
4. For the batter: Combine the pumpkin, sugar, egg and oil in medium mixing bowl and mix until well combined.
5. Stir in flour, pumpkin pie spice, baking powder, baking soda, and salt. Mix well to combine.
6. Pour batter into prepared baking dish, and spread to cover bottom of pan.
7. Add dollops of the cream cheese mixture over the batter. Cut through the batter with a knife to make a marbled effect w/ the cream cheese mixture in an up and down pattern. Repeat going the other way. When marbling make sure you don't go all the way to the bottom of the pan. Sprinkle with the chopped pecans if desired.
8. Bake for 25 – 28 minutes or until toothpick inserted in the center comes out clean.
9. Cool and cut into squares. Store in the refrigerator.

NOTE

If you don't have Pumpkin Pie Spice you can make your own. The substitute for 1 1/2 teaspoons of Pumpkin Pie Spice in this recipe is: 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg, 1/4 teaspoon ginger, 1/8 teaspoon allspice.

LINKS & SOURCES

PROGRAMS & SERVICES

For more information or to register for programs, support groups or to RSVP for the Child & Family Halloween event email Tina at tng@epilepsyork.org.

EVENTS & WEBINARS

BACK TO SCHOOL

UNDERSTANDING YOUR CHILD'S RIGHTS AND SUPPORTS AT SCHOOL

Register at <https://forms.gle/LjJtzMiFquoRUnB2A>

For more information on this webinar contact Jayme at

joppen@epilepsyork.org.

EPILEPSY FAMILY LEARNING DAY - SATURDAY, APRIL 17, 2027

Contact Christine at christine.kowal@sickkids.ca to be added to a mailing list to receive further details

THANKSGIVING TABLE CONVERSATION STARTERS

MeriMeri.com/blog/stories/thanksgiving-games

RECIPES

APPLE BROWNIES

www.allrecipes.com/recipe/68348/apple-brownies/

5 BEST APPLES FOR BAKING

www.thekitchn.com/the-5-best-apples-for-baking-2-23568669

PUMPKIN CREAM CHEESE BARS

www.the-girl-who-ate-everything.com/pumpkin-cream-cheese-bars/