

The Update



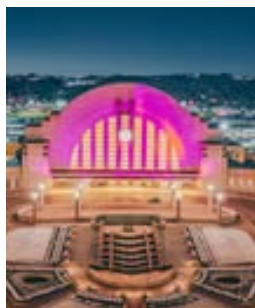
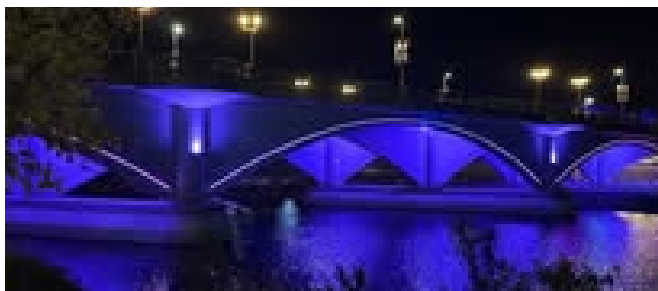
November 2026



November is National Epilepsy Awareness Month!

And we want to make it even bigger!

Send us pics of your local landmarks and your homes with your purple porch light so we can share on social media!



'Under the Lights'

Special Screening in Cincinnati

Mariemont Theater - Cincinnati Ohio

Wednesday, November 18, 5:30 - 8:30 PM

A teenager with epilepsy risks everything for an unforgettable shot at prom, first love, and one night of real freedom, even as the lights threaten to take it all away.

Filmmaker, Miles Levin, will be in person.

Get Tickets



EPILEPSY AWARENESS MONTH YARD SIGNS AVAILABLE

VISIT US:

Pick up a FREE yard sign to promote Epilepsy Awareness Month from our Cincinnati or Columbus offices!

- Not in Cincinnati or Columbus? Call us!
- Don't have a yard? No problem! They are not attached to the stakes and can be placed in a window!



The Faces of Epilepsy Tell Us Your Story

Your testimony may be published on our website/social media to help raise awareness. You may choose to remain anonymous if you wish.

[SHARE YOUR STORY](#)

S.M.A.R.T. Program

Managing Life with Epilepsy: An 8-Week Virtual Course

Are you an adult living with epilepsy or do you know someone who is? Would you like to learn strategies to help improve your quality of life? Epilepsy Alliance Ohio is holding a virtual 8-week, one hour per week, class for adults with epilepsy focused on practical strategies for managing both physical and emotional well-being. The program involves educational and behavioral interventions intended to enhance epilepsy self-management.

Each week, the group leaders, which include a nurse and a trained peer educator, highlight different topics in wellness for epilepsy. Participants have an opportunity to share their experiences living with epilepsy and learn from each other. Groups will be limited to 10 participants. Participation is free of charge.

If are interested and would like to participate, please sign up and select waiting list, and we will notify you of future groups.

Upcoming 2027 Sessions:

February 9th – March 30th, 2027

August 10th – September 28th, 2027

[Click Here For On-Line Registration](#)

For more information, contact Patty at 513-721-2905 or patty.trotta@epilepsy-ohio.org

Thank you, KINGS ISLAND !!

Kings Island has once again come through with passes for residents in our group homes to spend a day at the park.



Notes

Cincinnati In-Person support groups are held at the Mason Community Center, Senior Center, 6050 Mason-Montgomery Rd., Mason, OH 45040

Columbus In-Person support groups are held at Dempsey Family Education and Resource Center in the Neuroscience Tower at Riverside Methodist Hospital located at 3535 Olentangy River Road Columbus Ohio 43214. Park in the red parking lot, parking passes will be provided.

If you would like to attend more support groups or can't make our times, check out <https://epilepsyallianceamerica.org/events/list/> for other specific support groups, events, and more!

This month's CEU Training Seminar is titled: "Executive Functioning: An Overview and Focus on Strategies" -Dr. Rochelle Dunn, PhD, PCC-S, Senior Lecturer, Counselor Education, Department of Educational Studies, Liberty University

Cincinnati In-Person Support Group

Columbus In-Person Support Group

Virtual Support Group

Seminar

Seize Hope Gala

20
26

epilepsy
ALLIANCE
OHIO
Monthly Calendar

November

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

4

5

6

7

Men's 5:00pm-6:00pm

6:00pm-7:30pm

8

9

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11

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13

14

5:30pm-7:00pm

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Seminar 9:00am

22

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25

26

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29

30

Under the Lights Screening



Landmarks across Ohio lighting up purple

Save the Dates

Seize Hope Gala - November 6 - Cincinnati, Ohio
Under The Lights - November 18 - Mariemont, Ohio

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Mission Statement:

Epilepsy Alliance Ohio is dedicated to supporting those in our communities impacted by epilepsy by confronting the spectrum of challenges created by seizures.