EPILEPSY FOUNDATION®
MINNESOTA

Improving the lives of people affected by epilepsy through education, advocacy, research, and connection so **no one faces epilepsy alone.**

Support

Living with epilepsy can impact many areas of life. EFMN's Community Health Workers provide personalized, ongoing support to help individuals and families navigate care, build seizure-supportive routines, access resources, connect with others, and grow confidence and advocacy skills.

Educate

EFMN provides education that builds understanding, confidence, and safety for people living with epilepsy and the communities around them. Through free Seizure Smart Trainings and educational resources, EFMN equips families, schools, workplaces, and community members to recognize seizures, respond appropriately, and support inclusive, informed environments.

Connect

Through peer-based groups, community events for all ages, and programs like summer camps and Shining Stars for youth with epilepsy, EFMN helps people share experiences, build confidence, and form lasting connections.

Advocate

EFMN works to advance policies that elevate epilepsy as a public health priority in Minnesota, improving access to care, reducing stigma, and strengthening systems of support for people impacted by epilepsy.

WE'RE HERE TO SUPPORT **YOU.**

EFMN's epilepsy-specialized Community Health Workers provide **no-cost, one-to-one support** for individuals with epilepsy, seizure disorders, and their caregivers.

We help individuals navigate healthcare and community resources, build self-management skills, access support services, and address barriers that impact overall well-being.

We can help you...

- Understand a new epilepsy diagnosis and treatment options
- Learn strategies to manage seizures and daily routines
- Access school accommodations and support plans
- Address workplace concerns and accommodation needs
- Navigate insurance, healthcare, and community resources
- Connect with community-based services and support programs
- Build self-advocacy and caregiver advocacy skills
- Find connection and support from others affected by epilepsy

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efmn.org

Get the support **you need**.

Scan the QR code or **contact us** at 651-287-2308