



Project COPE

Collaboration for Outreach and Prevention Education (COPE) for Children with Epilepsy

Parents of Children or Teens with Epilepsy – You Are Not Alone

Has your epileptic teen ever struggled with, or have you as his or her parent been concerned that your teen may suffer from:

- depression?
- anxiety?
- problems socializing with peers or low self-esteem?
- being bullied by classmates because of their epilepsy?

Emotional and mental health is an important part of our overall wellness. Unfortunately, because of the fear and stigma our society harbors about mental illness, many of us are uncomfortable dealing with that part of our lives. So, we may overlook warning signs that we or our children are depressed or anxious, with sometimes disastrous consequences.

We invite you to participate in the Project COPE, a four-part wellness seminar for parents and their teens with epilepsy.

For more information or to register for Project COPE, please contact Laurie Sperry, Project Coordinator at 216.444.0514.

You are invited to attend our next Project COPE events:

Day(s): Wednesday, August 3, 10, 17, 24 or Monday, September 12, 19, 26, October 3
Time: Registration & Refreshments 6–6:30 p.m. Class 6:30–8:30 p.m.

Location: Cleveland Clinic
Education Bldg. & Lerner Research Institute
Rooms NA 1-139, NA 1-140
9620 Carnegie Avenue
Cleveland, OH 44195

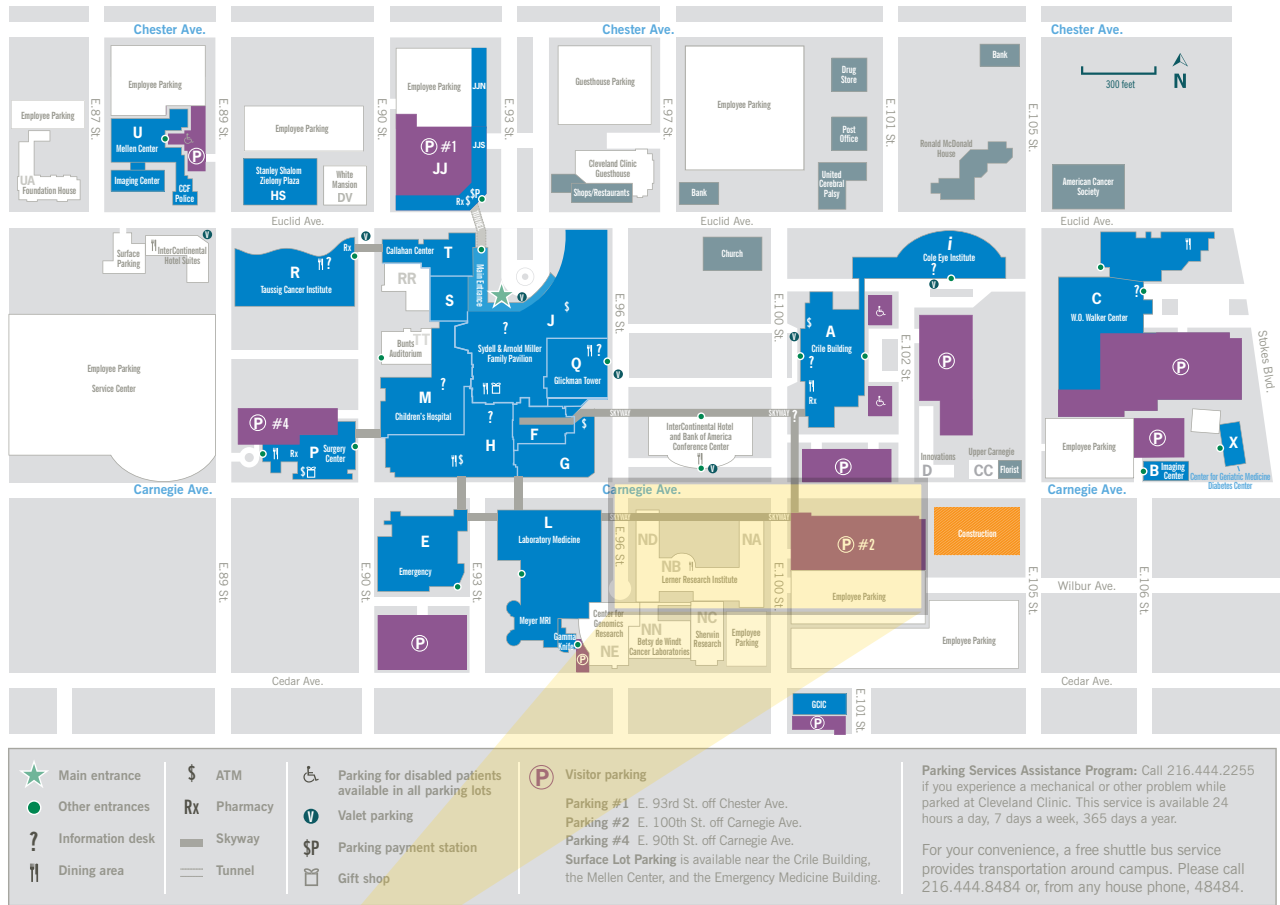
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Directions and Parking Information on the Back

Cleveland Clinic Main Campus



Parking Directions:

- Please park in the Visitor's Parking Garage P2, located at E 100th. Street and Carnegie Avenue
 - Please take the parking ticket with you, for validation: free parking will be provided by the event organizer.
 - Take the elevator to the Skyway level and follow the Skyway to the Lerner Research Institute.
 - Take the elevator to the first floor
 - Project COPE workshops will take place in conference rooms NA 1-139 and NA 1-140.
- Dinner will be provided for Project COPE attendees.