

Local Support Groups Information Page

Epilepsy support groups are an opportunity to share epilepsy experiences and connect. A support group may help increase epilepsy understanding and awareness.

Local in person support groups are regional and often dependent on interest from the community.

If you would like to volunteer as a support coordinator please contact one of our [educators](#).

Please find current support groups below.

Region	Educator	Contact email	Details of Support Group
Otago	Leanne	otago@epilepsy.org.nz	Dunedin Support Group meets once a month at lunch time.
Waikato	Catherine Wightman	waikato@epilepsy.org.nz	Hamilton Support Group currently has a mid-monthly meeting. This may be re-scheduled on a needs be basis. Tokoroa Support Group takes places approximately every four months.
Northland Whangarei	Reokore Johnson	northland@epilepsy.org.nz	Whangarei Epilepsy Support Group runs every fortnight 10am -12:30pm on a Tuesday. Location is through the Civic Arcade upstairs in the building that has the sign outside with Epilepsy/MS/Dyslexia. All ages welcome.
Nelson / Marlborough	Theresa Kidd-Foley	nelson-marlborough@epilepsy.org.nz	Chill & Chat in Community Matters Space Motueka Public Library: First Tuesday of each month, 1:30 PM – 3:30 PM. 32 Wallace Street, Motueka 7120 -Tel no 03 528 1047 Richmond Library: Third Tuesday of each month, 10:00 AM – 12:00 PM. 280 Queen Street, Richmond 7020 – Tel no 03 543 8500 Elma Turner Library Nelson: Fourth Monday of each month, 10:00 AM – 11:00 AM. 27 Halifax Street, Nelson 7010 – Tel no 03 546 8100
Southland	Hilary Thorne	southland@epilepsy.org.nz	The third Thursday of each month at 10:30am @ The Shed, Dee st, next to Invercargill Library.



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