EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

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 meeting first Tuesday of the month at ENZ at 10.30am -12pm. This may be re-scheduled on a needs be basis.
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.
Southland	Hilary Thorne	southland@epilepsy.org.nz	The third Thursday of each month at 10:30am @ The Shed, Dee Street, next to Invercargill Library.

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