



# 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, Research Coordinator at 216.444.0514.

You are invited to attend our next Project COPE events:

**Days: Saturday, June 9, 2012: 9 a.m. – 4 p.m.**

**Saturday, June 23, 2012: 10 a.m. – 2:30 p.m.**

Attendance for the two days is required.

**Location:** Cleveland Heights Library, 2345 Lee Road

–OR–

**Days: Wednesday, June 20, 27: 5:30–8:30 p.m.**

**Wednesday, July 11, 18: 6:30–8:30 p.m.**

Attendance in all four classes is required.

**Location:** Cleveland Clinic Foundation  
Education Building and Lerner Research Institute  
Corner of Carnegie and E. 100th Street

### SPONSORED BY



Project COPE was developed with funding from the Health Resources and Services Administration's Maternal and Child Health Bureau, under grant H98MC20269.