



Studio E Art Therapy Program Set to Begin

8 Week Program to Kick off May 6th, 2014

Garden City, NY, May 6th, 2014 - EPIC's Studio E Art Therapy Program will kick off on May 6th at our Garden City Location. This is the third year the Agency is offering the initiative, made possible through a grant provided by Lundbeck, your Partner in Epilepsy. The program will run every Tuesday for 8 weeks from 6:30pm-9:00pm.

Director of Community Services, Irene Rodgers, explained, "Studio E Art Therapy is a coordinated effort between Lundbeck and the National Epilepsy Foundation. As an affiliate of the latter, we are invited to participate. The goal of the program is to help adolescents and young adults with epilepsy express themselves through art and connect with other people living with epilepsy."

She continued, "People don't always know someone else coping with seizures so to come together in a group to support one another and understand what your peers are going through is a tremendous feeling. They know that they are not alone."

How the Program Works

The art therapy program operates on an open studio model with individuals choosing the specific material they want to work with, such as charcoal, paint, pencil or clay. Sessions are managed according to guidelines set by Studio E and the National Epilepsy Foundation; for example, class size cannot exceed 8 participants in order to maintain individualized attention in the group.

So will we be seeing any of these masterpieces on display? "That is our hope," Irene said. "As the sessions go on, we will explore what pieces of work our artists feel comfortable sharing. They're not only creating works of art, they're expressing their own thoughts and feelings about living with epilepsy. It's very personal for them."

Possible locations for the art exhibits might include EPIC's offices, or even in the larger community, such as informational tents at large events like the National Epilepsy Walk, or online, on Studio E's website. There's talk EPIC may even hold its own art show to recognize people's hard work and the connections they've made in the program.

Currently, Irene and her team are recruiting new workshop participants via email and EPIC's Facebook page. During the intake process, the art therapist meets with interested candidates to assess each participant and address any questions that arise. Returning attendees are also encouraged to take part in the program if they so desire.

Judging by the reaction of last year's participants, the Studio E Art Therapy program is a hit. Irene said, "I ran into the parent of a young woman from our 2013 workshop and she said that her daughter really loved it and wants to come back this year. You can't get a better testimonial than that!"

For more information please contact, Janet Romeo at jromeo@epicli.org or call 516-739-7733 Ext. 145.

ABOUT EPIC Long Island

EPIC began in 1953 with a small group of parents whose mission was to help children with epilepsy lead productive lives. Sixty years later, the organization has fulfilled that promise, with 15 residences, two clinics, dozens of programs, serves over 10,000 individuals annually. Today, EPIC looks toward a bright future as it broadens its mission to offer more social and health services across Long Island. EPIC has grown to serve not only individuals with epilepsy, but also those with developmental disabilities and mental health challenges. While epilepsy is at its core, the organization offers a spectrum of superior services that also serves individuals and families with different needs. EPIC's mission is to enrich the lives of those they serve through quality care, a broad range of services and an unwavering commitment to excellence.