

About EFCT

The Epilepsy Foundation of Connecticut, an affiliate of the National Epilepsy Foundation, is a state-wide, nonprofit charitable agency dedicated to helping to improve the quality of life for people affected by epilepsy and their loved ones.

Our mission is to lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives.



"The staff at the camp were great! My sons one-on-one was very professional, kind, and sensitive to my son. That was so greatly appreciated. I thank you all very much for keeping my son safe."

-Camp Courage Parent

1 in 10

people will have at least one seizure in their lifetime

What We Do

Information and Referral

Educational Programs About Treatment Options

Student Advocacy

Summer Camp for Kids and Teens with Epilepsy

Teen Advocacy Training

Self Management Program for Mental Health and Memory

Support Groups

Seizure First Aid Training

35,900

people in Connecticut have epilepsy

"The day after the training, a student at the middle school had a first-time seizure and the nurse there found the information you had shared at the training to be very helpful in handling this. Thanks again very much."

-School Nurse & Seizure First Aid Training Participant

"Dinner conversations with my family have improved and I have not noticed the same uncomfortableness or awkwardness if I don't know what someone is talking about. I don't feel so defeated and am empowered by having options of how to manage the situation."

-HOBSCOTCH Participant

What We Do

Legislative Advocacy

Educational Programs About Psychosocial Issues

Telephone Networks

Halyn Murtha Family Assistance Fund

Epilepsy Webinars



"Project UPLIFT helped me and gave me hope. During the time I was having neurosurgery and had been hospitalized. It wasn't my greatest time but UPLIFT helped me relate and keep hope"

-Project UPLIFT Participant

1 in 26

people in the USA will develop epilepsy