



scan here to donate



MILO & ME

501(C)(3) NON-PROFIT FOR EPILEPSY

WWW.MILOANDME.ORG



@MILOAND.ME



OUR STORY

Milo&Me was founded by Sophia, a determined young woman who is working hard to end the stigma of epilepsy in her community. Milo&Me was inspired over a journal entry and a brief hospital stay when a therapy dog approached Sophia's hospital bed. Milo&Me is named after Milo, Sophia's Doberman Pinscher who is a therapy dog. Together they have fostered a community of love surrounding epilepsy. Since 2023, Milo&Me has been a 501(c)(3) non-profit.

SERVICES

SUPPORT GROUPS

Virtual peer support group: We host a virtual peer support group once a month for young women on the East & Central time zones in the USA between the ages of 16-20.

CARE PACKAGES

Care package program: Nominate a loved one with epilepsy who is struggling or celebrating in their epilepsy journey in the USA! *Care packages are free, but we request \$15 donations to cover expenses.*

COMMUNITY EVENTS

We provide community and educational opportunities for those in the Stamford, CT area to learn more about epilepsy, and for those living with it to feel seen, and included.

ACCOMPLISHMENTS:

MILO&ME LEARN about ABSENCE EPILEPSY:

President Sophia Seeger, released her book Milo&Me Learn about Absence Epilepsy that came out in August 2024. All proceeds go to Milo&Me! You can buy it on Amazon.com

SHOP OUT FOR SEIZURES:

Is Milo&Me's annual event. A day to support those with epilepsy in our Stamford community. Shop Out is an artisan and resource event. Shop local businesses who support epilepsy, listen to live music, find epilepsy resources, hear stories from people living with epilepsy, raffles, & educate yourself on epilepsy.

PURPLE PUMPKINS

Every year Milo&Me is partnering with Stamford Florist and others who generously donate mini pumpkins for us to paint purple for epilepsy awareness. We collaborate with local schools, churches, and clubs to help kids paint pumpkins and raise awareness at our events.

PROCLAMATION FROM MAYOR SIMMONS

in November, 2024 Milo&Me was presented a Proclamation by Mayor Caroline Simmons, announcing November as epilepsy awareness month. There was a flag raising, speakers, fundraiser and more!

