

2016

(revised)

The Oak Clinic for Multiple Sclerosis
continues to offer the following free educational group:

Stress & Mood Management

This ongoing group offers education and support to anyone living with MS who would like to learn how to manage stress and mood disturbances.

Techniques that are discussed include:

Wellness

Resilience

Relaxation

Stress Management

Changing Thinking Patterns

Class will be held at the Summa/Green classroom
on the following Fridays from 2-3:30pm:

Jan 8

Jan 22

Feb 5

Feb 19

March 4

March 25

April 8

April 29

May 13

May 27

June 10

June 24

July 8

July 29

Aug 12

Aug 26

Sep 9

Sep 30

Oct 7

Oct 21

Nov 4

~~Nov 11~~ **Nov 18!**

Dec 2

Dec 16

The group is facilitated by Stacy Simera, MSSA, LISW-S, SAP.
Stacy is a therapist at Kent Psychological Associates, LLC.