



2019

The Oak Clinic for Multiple Sclerosis
continues to offer a free ongoing educational group on:

Stress & Mood Management

This group offers education and support to anyone living with MS who would like to learn how to help with stress and mood management.

Join the group any time. No prior attendance or notice is needed.

Techniques that are discussed include:

Resilience

Relaxation

Positive Psychology

Class will be held at the Summa/Green YMCA classroom
on the following **Thursdays** from **2:00 – 3:30 pm**:

Jan 10	July 11
Jan 24	July 25
Feb 7	Aug 8
Feb 21	Aug 22
March 7	Sep 12
March 21	Sep 26
April 4	Oct 10
April 18	Oct 24
May 9	Nov 7
May 23	Nov 21
June 13	Dec 5
June 27	Dec 19

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