



2020

The Oak Clinic for Multiple Sclerosis
continues to offer the 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 manage stress and mood disturbances. We discuss resilience, wellness, positive psychology, and changing thinking patterns.

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

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

Jan 9	July 9
Jan 23	July 23
Feb 6	Aug 13
Feb 20	Aug 27
March 5	Sep 10
March 19	Sep 24
April 9	Oct 8
April 23	Oct 22
May 14	Nov 5
May 28	Nov 19
June 11	Dec 3
June 25	Dec 17

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