

# 2022

## Stress & Mood Management Group

This group is free and open to anyone impacted by MS.  
The group is facilitated by clinical social worker Stacy Simera.  
Session topics vary and are meant to meet the needs of the attendees.

The group meets at 2pm in the classroom down the hall from the Oak Clinic.

Jan 13  
Jan 27  
Feb 10  
Feb 24  
March 10  
March 24  
April 14  
April 28  
May 12  
May 26  
June 9  
June 23  
July 7  
July 21  
Aug 4  
Aug 18  
Sep 8  
Sep 22  
Oct 6  
Oct 20  
Nov 3  
Nov 17  
Dec 1  
Dec 15

