

2023

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 5
Jan 19
Feb 2
Feb 16
March 9
March 30
April 13
April 27
May 11
May 25
June 15
June 29
July 13
July 27
Aug 10
Aug 24
Sep 7
Sep 21
Oct 5
Oct 19
Nov 2
Nov 16
Dec 7
Dec 21

