

2024

# Stress & Mood Management Group



Third Thursday of Each Month  
2-3:30 pm in the Green Classroom

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*Open to anyone impacted by MS.  
Facilitated by Stacy Simera, MSSA, LISW-S.  
Join us on any or all dates.*

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- Jan 18 - Setting SMART Goals
- Feb 15 - Intimacy & Connection
- March 21 - Mood & MS
- April 18 - Changing Our Ways of Thinking
- May 16 - MS & Family Dynamics
- June 20 - Facing Fatigue
- July 18 - Mindfulness & Relaxation
- Aug 15 - Knowing and Using Our Strengths
- Sep 19 - Stress Awareness & Management
- Oct 17 - Seasonal Depression & Light Therapy
- Nov 21 - Supporting Sleep
- Dec 19 - Social Connectedness

