



**2018**

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 manage stress and mood disturbances, such as depression.

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

Techniques that are discussed include:

**Resilience**

**Changing Thinking Patterns**

**Wellness**

**Positive Psychology**

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

Jan 4	July 12
Jan 18	July 26
Feb 1	Aug 9
Feb 15	Aug 23
March 8	Sep 6
March 29	Sep 20
April 12	Oct 4
April 26	Oct 18
May 10	Nov 8
May 31	Nov 29
June 14	Dec 13
June 28	Dec 27

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