

Working with MS Support Group

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<https://sites.google.com/site/workingwithms/>

Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

November 10, 2013

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	<ul style="list-style-type: none">▪ Planning for next year (& holiday party?) <small>Please come with ideas!</small>▪ Problem Solving (<i>if we have time to start this topic</i>)
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Planning for next year:

Past topics/agendas:

<https://sites.google.com/site/workingwithms/documents/meeting-agendas>

Problem Solving:

How To Solve Daily Life Problems

<http://www.anxietybc.com/self-help/how-solve-daily-life-problems>

Kathy’s 10 steps to problem solving/goal setting in everyday life:

<https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbnxhYmxlYnJhaW51c3xneDo0YTU0YThkMzBhMjk2ODI3>

Next/Upcoming Meetings:

Dec 8th – Meeting

Jan 12th -- Meeting