

Working with MS Support Group

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

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

September 08, 2013

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	<i>Topic by member request:</i> Every Day Matters – Making positive psychology work for you
4:00pm	Member Sharings & Support
5:00pm	Adjourn <i>Parting thoughts:</i> <i>My experience is what I choose to focus on.</i> <i>William James</i> <i>Most folks are as happy as they make up their minds to be.</i> <i>Abraham Lincoln</i>

Handouts & “News You Can Use”:

Every Day Matters – Living Your Best Life with MS (a meeting guide from the NMSS)

Handout (*you received a hard copy of this handout at the July meeting*):

<http://www.nationalmssociety.org/living-with-multiple-sclerosis/connection-programs/resources-and-support-for-self-help-group-leaders/download.aspx?id=47745>

Videos (*we’ll watch some of these at the meeting*):

<http://www.nationalmssociety.org/everyday-ms-matters/index.aspx>

WorkingWithMS Meeting 2013APR14 Agenda/Handouts -- Finding Your H Spot

https://docs.google.com/file/d/0B5wV6aESepCOaWVaYXNPb3NLSnc/edit?usp=drive_web

The Positive Psychology Center , University of Pennsylvania

<http://www.ppc.sas.upenn.edu>

Authentic Happiness Resource Projects

<http://www.authentichappiness.org>

You Can Make Yourself Happy – An Interview with Martin Seligman, PhD

<http://www.youtube.com/watch?v=6QxZvBcz2BY>

Next/Upcoming Meetings:

Oct 13th – Meeting

Nov 10th -- Meeting