

Working with MS Support Group

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

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

January 11, 2015

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	Take Action for a New Year, New (& improved) You! <ul style="list-style-type: none">• Guest Participant: Kevin Dougherty, MA, LPC; Vice President, Programs and Services National Multiple Sclerosis Society -- National Capital Chapter Kevin.Dougherty@nmss.org 202-375-5606• How do you want to change? Bring your “wildest ideas” list/ideas/hopes for change in you. (We’ll talk about how to make changes real.)
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

MS Walk

www.walkms.org

NMSS Get Involved!

<http://www.nationalmssociety.org/Get-Involved>

<http://www.nationalmssociety.org/Get-Involved/Advocate-for-Change>

Can Do MS: Webinar Series (upcoming events) – Change you!

<http://www.mscando.org/multiple-sclerosis-programs/webinar-series/>

You Can...Keep Moving!

<http://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/You-CAN!/Keep-Moving!>

You Can...Set New Personal Goals...and Keep Them!

<http://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/You-CAN!/Set-New-Personal-Goals>

SMART Change:

Specific: goals can not be vague

Measurable: otherwise how will you know when you succeed?

Attainable: realistic

Relevant: to the problem you identified

Time-based: so that it doesn't get “put off” forever or feel never-ending

The Smart Change Journal

<http://homepage.psy.utexas.edu/homepage/faculty/markman/SmartChange/SmartChangeJournal.docx>

Next/Upcoming Meetings:

February 8th – Meeting

March 8th -- Meeting