Coping Skills Group

Living Well with Multiple Sclerosis: Strategies for Coping

Learning to live well with multiple sclerosis (MS) involves taking good care of yourself. This group is for people with MS who want to learn new skills and techniques to deal more effectively with problems common in MS patients.

This group is led by:
Michelle Toshima, Ph.D., is a psychologist who specializes in the treatment of patients with multiple sclerosis and other chronic diseases and disabilities.

Bobbie Severson, ARNP, is an advanced registered nurse practitioner who treats MS patients, focusing on the relationship between neurology, rehabilitation and wellness.

Participants will learn about:
- Relaxation Training
- Identifying fears that lead to negative emotions
- Pre-MS and Post-MS changes
- Stages of Grief and Loss
- How to manage negative emotions (e.g., anger, depression)
- Identifying unhealthy thought patterns
- Assessing the impact of MS on your family and friends
- Role changes at work, at home, in the community due to MS
- Importance of attitude in establishing new goals
- Enhancing social support

Location:
1600 E Jefferson St., A Level
Seattle, WA 98122

Valet and pay only parking garage rates at the entrance on 16th & Jefferson.

Date/Time:
8 consecutive Tuesdays (except holidays)
12:45 - 3:00 p.m.
Please arrive at 12:30 p.m. so copayments can be collected.

Registration:
To register, please call Mike Taylor at 206-320-8223. Limited to 10 patients per session. If a session is full, another will begin soon. We ask that you commit to attending for the full 8 weeks.

Cost:
We will bill your health insurance. Most plans cover these services. If you are uncertain, we can help find out. Codes: 90853 and 96153.

Information:
For program information and group dates, please call 206-320-2200.

Over for map and directions
Directions to the Swedish Cherry Hill Campus

**Multiple Sclerosis Center**
1600 E Jefferson, A Level

**From the east, traveling west on I-90**
- Take I-90 westbound to the Rainier Ave. exit (No. 3B).
- In 0.6 miles, go straight on 14th Ave. S.
- In 0.5 miles, turn right on Jefferson.
- The Cherry Hill campus is 2 blocks ahead, on the left.

**From North, traveling south on I-5**
- Take I-5 southbound to the Dearborn Street exit (no exit number).
- At the bottom of the ramp, turn left on Dearborn Street.
- In 0.4 miles, turn left on Rainier Ave.
- In 0.3 miles, continue on 14th Ave. S.
- In 0.5 miles, turn right on Jefferson.
- The Cherry Hill campus is 2 blocks ahead, on the left.

**From south, traveling north on I-5**
- Take I-5 northbound to the Dearborn St. exit (No. 164A).
- Keep left at the fork.
- At the end of the exit ramp, turn right on Dearborn St.
- In 0.4 miles, turn left on Rainier Ave.
- In 0.3 miles, continue on 14th Ave. S.
- In 0.5 miles, turn right on Jefferson St.
- The Cherry Hill campus is 2 blocks ahead, on the left.

**Save time, choose valet:**
Discounted valet parking is available for MS Center patients. Choose valet on the corner of 16th and Jefferson (in front of Starbucks) Monday - Friday, 8 a.m. - 5 p.m. and pay only garage parking rates.

**SWEDISH NEUROSCIENCE INSTITUTE**

MULTIPLE SCLEROSIS CENTER
at Swedish Neuroscience Institute
T: 206-320-2200
F: 206-320-2560
swedish.org/ms

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