

RELATIONSHIPS AND MS

Navigating relationships can prove to be difficult and require ongoing work. The physical and emotional symptoms, common with MS, can make relationships even more challenging.

This in-person 3-hour program will address the needs of couples living with MS who experience difficulty with making their relationship a priority, explore the worries about how the changes in roles and responsibilities affect their partner and relationship, and learn a common language for communicating and resolving conflicts around problem solving.

Following the program, couples will be encouraged to spend quality time with one another to reflect on their experience. A light dinner will be provided to take with them to support this encouragement of 'couple time'.

Date: Monday, September 23, 2024

Time: 1:00pm - 4:00pm PDT

Location: Mercy San Juan Medical Center - *In-person only*

Presenters: Tiffany Malone, MSW, MSCS & Meghan Burke, MSW

Space is limited to the first 10 couples.

*Registration and \$20 fee per couple are due
by September 13th.*

This series will not be recorded.

To register, contact:

916.453.7966 or

Lacey.Sayre@commonspirit.org

