



# Multiple Sclerosis Support Group

- Are you newly diagnosed or newly coping with physical, cognitive, or emotional symptoms of MS?
- Do the unknowns of MS leave you feeling frustrated, anxious or depressed?
- Do you feel like no one understands the ups and downs of the disease?

In this newly diagnosed/newly dealing with symptoms of MS support group, you will be able to gain support from others who are coping with similar concerns as well as benefit from the facilitation, empathy, and resources of a professional counselor. The next group will begin in January 2011.



Allison Fine, social worker and Certified Counselor for Washington State provides individual, couples, and group counseling for individuals in the greater Seattle area. She has worked with many individuals coping with multiple sclerosis and other chronic illnesses. Please visit her website to learn more about her services: [www.BalanceMaintains.com](http://www.BalanceMaintains.com).

*"Allison creates and nurtures a safe and caring environment for sharing and learning from each other." -R*

*"[This support group] was a safe place to process things that I couldn't say anywhere else. It helped me accept my diagnosis and has given me back a clearer sense of what the future will bring." -M*