

# Multiple Sclerosis Support Group in Redmond

Receiving a diagnosis of a life-changing illness such as multiple sclerosis can be devastating. The impact of hearing those words from your family physician or neurologist cannot be overstated.

If you or someone you know is struggling with the consequences of this life-changing illness, a support group might be the answer. In a support group, members come to realize that they are not alone in their struggles against this potentially disabling disease; over time, the mutual support and camaraderie that develops in a small group setting can be a powerful source of healing.

As a mental health counselor and former neurologist, I'd like to announce the formation of just such a support group. Sessions will be held every Wednesday evening from 7-9 PM at my office in downtown Redmond. Groups will be limited to a maximum of eight members each, and are forming now.

I have many years of experience in the diagnosis and treatment of multiple sclerosis. Coupled with my training as a mental health counselor, I believe that I am uniquely qualified to lead such a group. Please contact me to learn more or to register as a member. My office, which is wheelchair-accessible, is conveniently located in downtown Redmond, approximately one block from the main bus transit center. It is easily reached via the #545 bus from Seattle.

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