

SEPTEMBER

Staying In Charge

September 1 - WEBINAR
Planning For an Unpredictable Future

September 10 - JUMPSTART
Being CEO of Your Household

September 15 - COACHING
Keeping your life with MS balanced

September 23 - JUMPSTART
Being CFO of Your Household

September 28 - Your Questions, Answered:
Mapping Out Your Future

NOVEMBER

Staying in the Holiday Spirit

November 3 - WEBINAR **Understanding Stress**

November 6 - JUMPSTART **Communicating Together**

November 10 - COACHING **Supporting Ourselves & Each Other**

November 16 - Your Questions, Answered:
Stress

November 18 - JUMPSTART
Preparing for the Holidays

OCTOBER

Staying Balanced

October 6 - WEBINAR
Staying Physically & Emotionally Well

October 8 - JUMPSTART
Taking Care of Yourself This Winter

October 13 - COACHING
Managing Your Winter Blues

October 21 - JUMPSTART
Tools in Your Toolchest: Mindfulness, Self-Awareness & Positive Psychology

October 9 & 10, 23 & 24 - TAKE CHARGE

October 26 - Your Questions, Answered:
Using Mindfulness to Manage Stress

DECEMBER

Staying Strong for a New Year

December 1 - WEBINAR
Emerging Research from 2021: Key Take Aways and Ideas for You

December 2, 3 & 4 - CAN DO PROGRAM



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