

# The Dean Center for Tick Borne Illness

## Lyme Disease Support Group



This group is drop-in style (no sign-ups required) and is open to anyone suffering from the effects of Lyme disease at any stage. Guided by a mental health counselor, this interactive group will serve as a place where patients can share experiences and offer support to one another. Although each meeting will feature a topic of interest, patients are welcome to share and discuss any issues relevant to coping with tick borne illness.

Friends and family of those suffering from Lyme disease are welcome.

### WHERE

Spaulding Hospital Cambridge (Large Chapel Room)  
1575 Cambridge Street, Cambridge, MA 02138

### WHEN

7:00-8:30pm

*Note: following the meeting, 8:30-9:00pm, there will be an optional experiential exercise consisting of expressive art therapy or meditation.*

### COST

FREE!

For questions contact: Kerry Lang - [Klang8@partners.org](mailto:Klang8@partners.org)

For more information call The Dean Center at 617.952.6220  
or visit [www.spauldingrehab.org/deancenter](http://www.spauldingrehab.org/deancenter)



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### \*MEETING DATES AND TOPICS

#### September 11th:\*\*

Alternative Treatments and Therapies for Lyme disease

#### October 2nd:

Coping with Brain Fog and Cognitive Deficits

#### November 6th:

Affording Treatment for Lyme Disease

#### December 4th:

Diet and Nutrition

#### January 8th:\*\*

Hope and Positivity with Chronic Illness

#### February 5th:

Mindfulness and Meditation

#### March 5th:

Alternative Treatments and Therapies for Lyme Disease

#### April 2nd:

Attaining Support from Others

#### May 7th:

Lyme Disease co-infections and opportunistic infections

\*\* Please note meetings on September 11 and January 8th will be on the second Tuesday of the month instead of the first.

\* Cancellations due to weather or other circumstances will be posted on our Facebook page at least 2 hours prior to each meeting. Please see: [www.facebook.com/deancenter](http://www.facebook.com/deancenter) or email [klang8@partners.org](mailto:klang8@partners.org) to join our email list and receive updates on any changes made to this schedule.