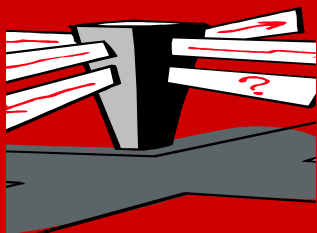


## Talking with Children about MS

Children are far less fragile than you think, and are more able to accept painful realities than we assume. Kids tend to worry when they know something's up — even if Mom or Dad has no visible symptoms. Parents often try to protect their children by hiding painful issues, but open and honest communication among family members is valuable and important. In the long run it builds trust.

There are many unanswered questions about multiple sclerosis. While it may be frustrating to you and your child, sharing this frustration can actually reassure her or him.



Dr. Rintell is on the staff of the Partners MS Center at the Brigham & Women's Hospital in Boston, the Partners Pediatric MS Center at Massachusetts General Hospital, Boston, and the MS Clinic of Metro West Medical Center, Framingham, Mass. He is a Clinical Instructor in Psychiatry at Harvard Medical School, and is also on the faculty of the Brandeis University Graduate Program in Genetic Counselling.

For more information or any questions you may have, please contact:

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**MS in the Family -  
When a parent,  
grandparent, aunt or  
uncle has MS.**

**Sunday, February 12  
9:00 – 4:30 pm**

**1826 Woodward Drive  
Ottawa, ON K2C 0P7**



This workshop is made possible through an educational grant from Telus.

## Parents

9-9:30 am: Registration & Breakfast

9:30-10 am: Icebreaker—Family Activity

10-10:30 am: *“Talking to your Kids about MS”* with Dr. David Rintell

10:30-11:00: *“Strong Suit”* with Dr. Lisa Walker

11:00-11:15: Break

11:15-11:45: Discussion

11:45-12:30: *“Strengthening Family Resilience”*—discussion with Dr. David Rintell

12:30-1:30 pm: Lunch @ MS Society

1:30-4:15 pm: Parents’ free time \*

4:15-4:30 pm: Wrap Up & Evaluation

*\*Option of leaving for the afternoon, watching a movie and/or socializing*

## Teens

9-9:30 am: Registration & Breakfast

9:30-10 am: Icebreaker—Family Activity

10-10:30 am: Simulation Activity with Laurie Cucheran-Morris

10:30-11:15: *“MS: What is it All About ?”* and Q & A with Dr. David Rintell

11:15-12:30 pm: Drama—*“My Take on MS”* with Fanny Collet

12:30-1:00 pm: Lunch @ MS Society

1:00-4:15 pm:

*\*Transportation Provided*



4:15-4:30 pm: Wrap Up & Evaluation

## Pre-Teens

9-9:30 am: Registration & Breakfast

9:30-10 am: Icebreaker—Family Activity

10-12:30:



*Over 50,000 sq ft of Family Fun !!*

*\*Transportation Provided*

12:30-1:00 pm: Lunch @ MS Society

1:00-1:30 pm: Drama—*“Juggling Life With MS”* with Fanny Collet

1:30-2:15 pm: *“MS: What is it All About ?”* and Q & A with Dr. David Rintell

2:15-3:15 pm: Simulation Activity & Obstacle Course with Laurie Cucheran-Morris

3:15-3:30 pm: Snack / Preparation

3:30-4:15 pm: Collage—*“MS Through Kids’ Eyes”*

4:15-4:30 pm: Wrap Up & Evaluation