



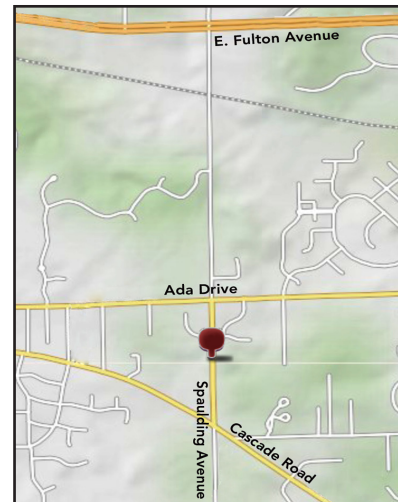
Kathleen Delp,  
LMSW, CGC

This group is being facilitated by Kathleen Delp, a licensed Master's level Social Worker and Certified Genetic Counselor who has dedicated her professional clinical practice to providing therapy and advocacy for families with Huntington's Disease since 1996.

For more information or if you have any questions, feel free to contact Kathleen at 616-581-3085.

**Psychotherapy & Consultation Offices**

967 Spaulding SE, Suite E  
Ada MI 49301



The Psychotherapy & Consultation Offices are located in the Spaulding Annex Office Complex in Suite E which is on the 2nd level of the parking lot on the right.

Of America Michigan Chapter  
is pleased to announce

A  
Living  
Positive  
Support  
Group

**FOR 2017**

**Psychotherapy and  
Consultation Offices**

The Huntington's Disease Society  
of America Michigan Chapter



[www.hdsa.org/mi](http://www.hdsa.org/mi)

967 Spaulding SE, Suite E  
Ada, MI 49301

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# A Living Positive Support Group

## To Test or Not to Test?

To tell or not to tell?

Testing positive for the HD gene is a major life changing event. The decision to be tested is made by exploring various dynamics in one's life, including the social, legal and ethical implications of testing and the impact of test results, whether positive or negative. However, no degree of preparation and planning can fully prepare someone for the many ways that testing positive can impact one's relationships, work life, goals and direction for the future. For these reasons the HDSA MI Chapter is sponsoring a Living Positive Group for those who want to decrease their sense of isolation and connect with others facing similar challenges and share their experiences with others.

## Issues for Discussions

- How and when to tell others of your test results
- The impact on family relationships
- Decisions about having children
- Availability of assisted reproductive technology
- Impact on a marriage or significant relationship
- Applying for Social Security Disability and employment disability benefits
- What types of exercise are the most beneficial
- What types of nutrition will help delay symptoms
- Updates on research and treatment for Huntington's Disease
- Clinical Trials for HD
- Current treatments for symptoms
- How to cope with being a caregiver of a relative with HD
- How to express your emotions and choose presence in relationships
- Finding purpose and meaning in life after testing
- Grief work for past and future losses
- Experience ways to enhance your life through meditation and mindfulness

## Dates of Meetings for 2017

Meetings are held on Thursday evenings.

January 12	6:30 – 8:30 p.m.
February 9	6:30 – 8:30 p.m.
March 9	6:30 – 8:30 p.m.
April 13	6:30 – 8:30 p.m.
May 11	6:30 – 8:30 p.m.
June 8	6:30 – 8:30 p.m.
July 13	6:30 – 8:30 p.m.
August 10	6:30 – 8:30 p.m.
September 14	6:30 – 8:30 p.m.
October 12	6:30 – 8:30 p.m.
November 9	6:30 – 8:30 p.m.
December 14	6:30 – 8:30 p.m.

For accommodating the room set up and refreshments please call to RSVP for a meeting by calling 616-581-3085.