



## Family Focus Fridays Second Friday of the Month

### We'd LOVE to see YOU!

Join other parents and caregivers of children with behavioral health challenges for breakfast. Receive peer support and information about community resources for your family on the Mid-Shore. Bring a friend and make some new contacts!

This month's discussion is about the benefits of keeping a schedule and routine over the summer, and ways to care for ourselves with kids home on summer vacation.

**When:** Second Friday of the Month  
10:00 – 11:30 am

**Where:** Easton Panera Bread Co  
8933 Ocean Gateway  
Easton, MD 21601

**Cost:** FREE, including your breakfast with us!

**Upcoming Sessions:** Friday, June 14  
Friday, July 12  
Friday, August 9

*Note: Childcare is not provided. Infants are welcomed!*

### For more information, contact

Rachel Stoyanov at [RStoyanov@mdcoalition.org](mailto:RStoyanov@mdcoalition.org) or 443-766-0420

*"We can support each other by sharing stories, from knowing that I'm not alone...and we never give up."*

*Funding for this program is provided by the Behavioral Health Administration and Mid-Shore Behavioral Health*



Maryland Coalition of Families

410-730-8267 | [mdcoalition.org](http://mdcoalition.org)