



Howard County Laughter Insight Family Training (LIFT) Online Support Group

Do you have a child with mental health or substance use challenges? *Could you use a LIFT?*

You may have a lot of questions or concerns about your child. LIFT provides a support group for families to discuss and learn more about such topics as:

- Where can I find help for my child?
- What services might my child be eligible for?
- How can I gain access to services?
- Am I all alone if feeling like this?
- What should I do if my child is having problems in school?

You'll have the opportunity to learn about resources while sharing ideas and experiences with other caregivers. You'll also benefit by taking some relaxing time for yourself.

Note: This group is for families that reside in Howard County

**For more information and to receive Zoom link,
contact Cindy Kirk
at ckirk@mdcoalition.org or 443-878-3116**

When: Every Tuesday
Starting April 14, 2020

Time: 11:00 am to 12:30 pm

Where: Online Zoom Meeting*

Cost: Free

Zoom is a free video and phone conferencing tool. Just click in and join from your computer, tablet, or smart phone. Downloading the free Zoom app is recommended, but not required.