



Cecil County Caregiver Nourish to Flourish Online Support Group

Now online!

Cecil County Caregiver “Nourish to Flourish” Support Group

Join others who love someone with behavior health challenges for an opportunity to practice self-care! Maryland Coalition of Families will provide education, resources and tools. We will also offer support for you and your family during your toughest times.

Topics included:

- Know your worth: Why self-care is important
- A healthy work-life balance
- Stress management
- Start living, stop existing
- Better physical health

When:	Every Wednesday
Time:	8:00-9:00 a.m. AND 8:00-9:00 p.m.
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.

**For more information and to receive Zoom link,
contact: Rebecca Bryant at
RBryant@mdcoalition.org or
410.707.2529**

Maryland Coalition of Families
410-730-8267 | www.mdcoalition.org