



Let's Talk

Online Inspirational "Quote" Time Group

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We could all use a little inspiration and connection! Maryland Coalition of Families invites you to join other families and loved ones who care about someone with mental health, behavioral health or substance use challenges.

During this time, we'll have an opportunity for meaningful social interaction as we share some of our favorite quotes and talk about how they give us strength, motivate us, or just make us smile.

We look forward to sharing this time with you!

*"We seek fulfillment in our lives through heart connection with others."
John Friend*

When: The Third Tuesday of Every Month Starting Tuesday, April 21, 2020

Time: 1:00 – 2:30 pm

How to Connect: 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 the Zoom link,
Contact Carolyn Blades at
Cblades@mdcoalition.org
or 443-896-6753**

Maryland Coalition of Families
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