



Real Talk Mondays Now Online

For Parents and Caregivers of Children
with Behavioral Health Needs

Real Talk Mondays Information ~ Discussion ~ Support

Connect online with other parents and caregivers from the comfort of your own space to enjoy a few laughs and receive support from others who “get it.”

Can't be on for the entire call? No Problem! Join us when you can and stay on for as long as you can.

Can't join us every Monday? No Problem! This group is ongoing.

*This group is open to families across
Maryland*

When: Every Monday!

Time: 8:15 pm – 9:00 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.

For more information and to receive Zoom link, contact:

Nicole Ukoumunne, FPSS at 443-896-8275 or NUkoumunne@mdcoalition.org

Christina Otruba, FPSS at 240-577-4776 or COtruba@mdcoalition.org

Christina Spangler, Regional Supervisor at 443-472-7918 or CSpangler@mdcoalition.org

Hosted by Maryland Coalition of Families (MCF) with support from Calvert County Core Service Agency. MCF helps families who care for someone with behavioral health needs, including mental health, substance use and gambling issues. Using personal experience as parents, caregivers, young people and other loved ones, we connect, support and empower Maryland's families. Services are provided at no cost.