



## Loved Ones of Problem Gamblers - You Are Not Alone

### Support Group for Family Members That Care About Someone with a Gambling Problem

Has the gambling of someone you love caused you stress? Is it impacting your financial security? Would you like to connect with others that have been there too?

Join family members and friends who care about some one that struggles with problem gambling. We'll share inspiration and information with one another, receive peer support, and learn about community resources in Maryland.

This group is open to all families in Maryland.

**When:** Last Thursday  
of Every Month

**Time:** 6:00 pm – 7:00 pm

**Where:** Zoom Online Meeting\*

**Cost:** Free

**Upcoming Sessions:** April 30<sup>th</sup>  
May 28<sup>th</sup>  
June 25<sup>th</sup>  
July 30<sup>th</sup>  
August 27<sup>th</sup>

\*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**  
Nancy Quidas at [Nquidas@mdcoalition.org](mailto:Nquidas@mdcoalition.org) or 443-878-3365

*"I felt scared and was ashamed to reach out. Once I realized that others were facing the same struggles and would not judge me, this became a safe space for me to get support, help, and answers. "*  
~ MCF Support Group Participant



Maryland Coalition of Families

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