



## Hello Monday “Check In”

### Online Support

#### Hello Monday Morning.... Let's Get Focused and Stay Positive

Grab you morning cup of energy, take a moment to listen, relax your mind and focus on positive strategies and goals to get through your week.

We will get through this together.

*This group is open to all families across Maryland.*

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Monday of Each Month

**Time:** 9:00am – 10:00am

**Where:** Online Zoom Meeting\*

\*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 for Zoom link, contact**  
Candace Harris at [CHarris@mdcoalition.org](mailto:CHarris@mdcoalition.org) or 443-546-7005

***“We can support each other by sharing stories, from knowing that we’re not alone...and by never giving up.”***  
*An MCF Mom*



Maryland Coalition of Families