



# LIFE IN MOTION

## Virtual Caregiver Support Group

### Life in Motion: Virtual Caregiver Support Group for Families Impacted by Substance Use

Join parents, caregivers, and others who are learning to support their loved ones facing substance use challenges. In this online support group, you will:

- Understand more about prevention and active addiction
- Learn about treatment or recovery supports for your loved one
- Learn about resources for families
- Receive support from your peers

Hosted by MCF's Family Peer Support Specialist, Austin Torsch serving families in Baltimore, Harford, and Cecil Counties

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

**When:** The Second and Fourth Tuesday of Every Month.  
6:30 PM – 8:00 PM

**Where:** Zoom Virtual Support Group\*

**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 further information and to receive Zoom link,  
Contact Austin Torsch  
[atorsch@mdcoalition.org](mailto:atorsch@mdcoalition.org) or 443-472-9384**

*"We can support each other by sharing stories, from knowing that we're not alone...and by never giving up."*



Maryland Coalition of Families

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