



## Western Maryland Finding Hope to Cope Support Group Now Online

### Finding Hope to Cope Online Support Group

Our group is open to anyone who has a loved one affected by drug or alcohol addiction in Western Maryland.

We provide a nonjudgmental place to share experiences and offer support and understanding. Together, we can put a loved one's addiction into perspective and set healthy boundaries.

All information is confidential.

We will also discuss any barriers related to the COVID-19.

This group is open to families that reside in Western Maryland.

**When:** Every Thursday

**Time:** 7:00 pm - 8:30 pm

**Where:** Zoom Online 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  
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