



## Alone Together: Weekly Meet-ups for Young Adults

### ***Alone Together: Online Meet-ups for Young Adults 18-26***

These free online meet-ups create a safe space for honest conversation and peer support. They are hosted by *Taking Flight*, a group of young adults who themselves have struggled with behavioral health challenges.

#### ***Topics include:***

- Self-care and self-love
- Coping strategies
- Practices for mindfulness

#### **DATE**

Every Thursday

#### **TIME**

12:00 pm – 1:00 pm

#### **JOIN US**

Via Zoom

#### **CONTACT**

For more information, contact Haley Rizkallah at [hrizkallah@mdcoalition.org](mailto:hrizkallah@mdcoalition.org) or 443-545-6699

Social distancing doesn't have to mean social isolation.  
Let's connect!

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Taking Flight, MCF's young adult group, provides activities and peer support to people 18-26 who have struggled with behavioral health challenges. If you or anyone you know cares for someone in that age group, please consider passing along this information on ways they can connect and share.

[Website](#) | [Instagram](#) | [Facebook](#)