



## Western Maryland Finding Hope to Cope Online Support Group

### 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 non-judgmental 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 shared is confidential.

We will also discuss and barriers related to COVID-19

*This program is open to all families that reside in Western Maryland.*

**When:** Second and Fourth Tuesday Every Month  
**Time:** 7:00 – 8:30 PM  
**Where:** Online Zoom 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, contact

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