



Online Inspirational “Quote” Time Group

Maryland Coalition of Families invites you to join other caregivers and loved ones of someone with mental health, behavioral health or substance use challenges for social time and a discussion about your favorite “quotes.”

We meet monthly to have social time supporting each other and take time to talk about the “quotes” we enjoy and find meaningful to our lives.

Please don’t miss this opportunity to relax with other caregivers and loved ones, while sharing “quotes” and taking time for yourself.

This group is for any family residing in Maryland.

We look forward to sharing this time with you!

*“We seek fulfillment in our lives through heart connection with others.”
John Friend*

**For more information and to receive the Zoom link,
Contact Carolyn Blades at
Cblades@mdcoalition.org
or 443-896-6753**

When: Third Friday of Each Month
Time: 2:30 – 4:00 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.