



## Our Healing Hearts Online Family Peer Grief Support

*For parents that have lost a child to substance overdose*

### Our Healing Hearts Online Family Peer Grief Support

Child loss to substance overdose is a unique and isolating situation.

We are a grief support group, now meeting online, for any parent coping with this heartbreaking experience.

Because we have been in your situation, we can provide a nonjudgmental, safe space to share experiences and offer peer support and understanding.

Join us to share, learn, listen, and be heard.

You are not alone.

*Open to families across Maryland*

**When:** 4<sup>th</sup> Tuesday of the Month

July 28, 2020  
August 25, 2020  
September 22, 2020  
October 27, 2020

**Time:** 10:00 – 11:30 am

**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 and to receive the Zoom link,  
Contact Beth Schmidt at  
[bschmidt@mdcoalition.org](mailto:bschmidt@mdcoalition.org) or  
202-573-6773**

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