



Family Care Events for September and October

Join other caregivers and loved ones of someone with mental health, behavioral health or substance use challenges for a Family Care Event. We meet monthly for a fun, relaxing activity that helps us to care for our family or ourselves. Come to one, two or all three events!

Please don't miss this opportunity to relax with other caregivers and loved ones, while sharing ideas and taking time for yourself.

Space is limited. Please RSVP to receive your free craft supplies prior to the meeting date.



This event is for families in the Mid-Shore region.

For more information, or to receive the Zoom link, Contact Augustine Cook at acook@mdcoalition.org or 443-504-450

When: **Creating Conversation**
September 3, 2020
6:30 – 8:30 PM

Paint Night
September 24, 2020
6:30– 8:30 PM

Emotions and Faces
October 22, 2020
6:30 – 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.