



Reasons & Needs Online Support Group

For Baltimore County Families

Please join other parents and caregivers of children with mental and behavioral health challenges. We will come together and support each other with our lived experience, educational information and available resources in Baltimore County. There is no cost for this program and everyone is welcome! Some of our discussion topics include:

- Self-care
- Stress relief
- Understanding the “new normal”
- Resources (sharing with one another)
- Trying different approaches for our children’s mental health
- Being there for one another
- Pros & Cons of COVID-19

When: First Thursday of the Month

Time: 5:30 to 6:30 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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Maryland Coalition of Families

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