



## Cecil County Caregiver Mindfulness and Wellbeing Online Support Group

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### Now online!

#### Cecil County Caregiver “Mindfulness and Wellbeing” Support Group

Join others who love someone with behavior health challenges for an opportunity to practice self-care!

Maryland Coalition of Families will provide education, resources and tools. We will also offer support for you and your family during your toughest times.

Benefits of mindfulness:

- ❖ Calmness
- ❖ Clarity
- ❖ Living in the moment without judgment
- ❖ Stress reduction
- ❖ Boosts memory and focus
- ❖ Less emotional reactivity
- ❖ More cognitive flexibility
- ❖ Self-regulation practices
- ❖ Stress management

**When:** Every Wednesday

**Time:** 6:30 – 7:00 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.*

**To RSVP or receive Zoom link contact Rebecca Bryant  
at [RBryant@MDCoalition.org](mailto:RBryant@MDCoalition.org) or 410.707.2529**