



# Putting Ourselves First:

## Young Adult Children of Parents with Substance Use and/or Mental Health Disorders

Join other young adult children (ages 18-30) of parents with behavioral health challenges to:

- Receive peer support and information
- Share coping strategies and self-care techniques
- Discuss setting boundaries
- Learn about empowering vs. enabling
- And more!

**When:** Third Wednesday of Every Month

**Time:** 7:00-8:00 pm

**Where:** Online Zoom Meeting

**Cost:** Free

**Upcoming Sessions:** November 18<sup>th</sup>  
December 16<sup>th</sup>  
January 20<sup>th</sup>

*"I grew up in a home that was deeply impacted by substance use and mental health struggles. When I was younger I felt helpless, scared, and often embarrassed. It took a long time for me to shift focus to my own mental health, but doing so completely changed my life. I hope creating this space for us to talk about these challenges will help each of you feel in control, supported, and empowered!"*

*- Haley, Support Group Leader*

To register, contact:  
Haley Rizkallah at 443-545-6699 or [hrizkallah@mdcoalition.org](mailto:hrizkallah@mdcoalition.org)

Maryland Coalition of Families

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