



Wellness Wednesday Support Group

Offered Virtually via Zoom

Support, Connection and Resources

Join other parents and caregivers of children with mental and behavioral health challenges for conversation, peer support and information about community resources for your family in Baltimore City. Raffles and prizes will be part of the fun.

This group alternates evening and afternoon meeting times every other month, so you can pick the dates and times that work for you.

*This event is for families residing in
Baltimore City.*



Date: Third Wednesday Each Month

Evenings 6:00–7:30 PM

August 19

October 21

December 16

Afternoons 12:00–1:30 PM

September 15

November 18

January 20

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.

**To learn more and receive the Zoom link,
Contact Afiya Smith
afiya.smith@mdcoalition.org or 410-472-1016**

Maryland Coalition of Families
410-730-8267 | www.mdcoalition.org