



VIRTUAL WELLNESS SERIES

Maryland Coalition of Families is collaborating with community partners to offer a free six-part Virtual Wellness Workshop Series to educate families and loved ones about wellness. We are all experiencing increased stress due to the pandemic, and many families are experiencing more challenges related to substance use and mental health. It is more important than ever to ensure we are knowledgeable and proactive about our individual and family wellness. Receive practical tools and resources for supporting your own self-care, and get more information on how to navigate other common family issues. Registrants who attend three or more workshops will receive a free self-care kit in the mail. Please share this series with others who may also benefit.

Wellness and Self-Care, *presented by Maryland Coalition of Families*

Date: Thursday, January 14, 2021

Time: 5:30 pm – 6:30 pm

Home and Environmental Wellness, *presented by Green & Healthy Homes Initiative*

Date: Thursday, January 21, 2021

Time: 5:30 pm – 6:30 pm

Wellness Tools for Managing Mental Health, *presented by For All Seasons*

Date: Thursday, January 28, 2021

Time: 5:30 pm – 6:30 pm

Wellness During Domestic Violence, *presented by Mid Shore Council on Family Violence*

Date: Thursday, February 4, 2021

Time: 5:30 pm – 6:30 pm

Financial Wellness, *presented by Truist*

Date: Thursday, February 11, 2021

Time: 5:30 pm – 6:30 pm

Wellness During Conflict, *presented by Mid Shore Mediation*

Date: Thursday, February 18, 2021

Time: 5:30 pm – 6:30 pm

Register at <http://tiny.cc/WellnessSeries>

For more information, please contact:
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Maryland Coalition of Families
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