



Caring Connection

For Families and Loved Ones Affected by Substance Use

Online Video Chat

Second and Fourth Thursday of
Every Month

Caring Connection Online Support Group

Join other families and friends who care about someone with substance use challenges. Take time out for self-care and connect with one another, and receive peer support and information from the Maryland Coalition of Families. Our group is open to anyone who has a loved one affected by addiction.

We provide a confidential space free of judgement and full of support to share experiences. Together, we can understand and encourage one another and offer hope and camaraderie to gain perspective of our loved one's addiction.

Areas of discussion will include:

- The importance and process of setting healthy boundaries
- Engaging in self-care
- Barriers related to COVID-19

This support group is open to all Maryland families.

For more information and to receive a Zoom Link, please contact
Heather Baginski at hbaginski@mdcoalition.org or
(443) 480-2966

When:	Second and Fourth Thursday of Every Month
Time:	6:00 PM to 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. Downloading the free Zoom app is recommended, but not required.