



Family Focus

Back to School: Supporting Your Family Through the Transition



As we approach the new school year, many families face a mix of excitement and uncertainty, especially when navigating behavioral health challenges. Whether your child is entering elementary, middle, or high school, the transition can feel overwhelming. At MCF, we're here to support you through each stage.

For younger children, establishing routines and communicating with teachers early can help set the stage for a smooth year.

In middle school, managing social dynamics and emotional shifts can be tricky, but with the right support, your child can build resilience. High school brings new challenges, like balancing independence with the need for continued emotional support, something we know can be tricky for both teens and caregivers alike.

Remember, you're not alone. We're here to help you navigate these transitions, providing resources, support, and a community to lean on. Together, we can make this school year a success for both you and your child.

Check out these articles from the Child Mind Institute for more tips and insights on supporting your child through the back-to-school season.

[Elementary School](#)[Middle School](#)[High School](#)

Peer Support for Young Adults: Navigating Life's Challenges Together

We offer two programs dedicated to providing peer support for young adults, a time in life full of unique challenges and transitions. These programs are designed to connect young adults with others who truly understand their experiences. Check out the details below to learn more about how we can support you or someone you know during this important stage of life.



Taking Flight: Statewide

Taking Flight is our statewide program for youth and young adults, offering peer support and organizing activities centered around mental health, leadership development, and advocacy. Visit our website and follow them on social media to stay updated on upcoming events and opportunities to get involved!

[Taking Flight
Instagram](#)

[Taking Flight
Webpage](#)

Healthy Transitions: Prince George's County

Healthy Transitions is a program in Prince George's County where we provide peer support to young adults, ages 16-25, who are facing mental health or substance use challenges. If you're a young adult in Prince George's County, we're here to support you and offer the guidance you need. Check out the links below for more information and to get involved!

[Healthy Transitions
Instagram](#)

[Healthy Transitions
Flyer](#)

The Family Leadership Program is Coming to Frederick County!

We're excited to bring our Family Leadership Program to Frederick County! This **free, 2-day in-person training** is designed for parents and caregivers of school-aged children facing mental health challenges. Don't miss out on this valuable opportunity to gain new skills and support!

Workshops will include information about:

- understanding your child's behavioral health needs.
- learning to navigate special education services and other systems you and your family rely on.
- finding your voice to be the best advocate for your child, yourself, your family, and your community.
- gaining insight into why self-care is essential for caregivers' well-being and their ability to support loved ones.



The training is free and includes meals and overnight accommodations. Support for childcare and transportation expenses is also available if needed.

Space is limited for this event to 20 participants who live in Frederick County.

Program Dates: Friday, September 26th & Saturday, September 27th

Application Deadline: September 8, 2025

To learn more, view a sample program agenda, or apply for the Program, please visit our website at the link below.

[Learn More](#)

Please note that this program is only available to residents of Frederick County. Please continue to watch our website and your email inbox for opportunities coming up in your area!

Resource Corner: "Getting to Know My Child" Tip Sheet



One of the best back-to-school strategies? Help your child's teacher get to know them from day one.

Download this easy, family-created tip sheet to share your child's strengths, needs, and support strategies. A little communication can make a big difference.

By providing teachers with key insights about your child, you set the stage for a year full of growth, understanding, and success.

Share the sheet today and help ensure your child's needs are met from the very start!

Get Connected! Stay Informed!

Online and In Person Support Groups

MCF offers many support groups to provide a safe space for you to learn, share and receive compassionate help. All are facilitated by trained Family Peer Support Specialists who have dealt with similar challenges in their own families. Groups are free for all participants and are held on different days of the week and different times of day. Find one or more that can work for you and join us soon!

[Find a Support Group](#)

Workshops, Trainings & Other Events

MCF offers a wide range of events, trainings and workshops for families who have a loved one with mental health, substance use or problem gambling challenges. Events are held in communities across the state or virtually and are offered at no cost to participants. Visit our website to learn more!

[Past and Upcoming Events](#)



[Donate](#)

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