



Open Chat Monday Now Online

For Parents and Caregivers of Children
with Behavioral Health Needs

Information ~ Discussion ~ Support

Feeling alone, bored, or just want to connect with other parents and caregivers who “get it?”

Our monthly chat is a safe space where you can share a laugh, get information, request additional 1:1 support, or just observe until you are comfortable engaging. No judgement here!

Can't be on for the entire call? No problem! Join us when you can and stay on for as long as you can. Can't join us every month? No problem! This group is ongoing. Feel free to enjoy a snack while you chat, and don't worry—we are not offended by kids or pets playing in the background.

This group is open to families across Maryland

When: 2nd Monday of the month

Time: 10:00 – 11:00 AM

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.

For more information and to receive Zoom link, contact:

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