



Mid Shore Sharing Our Strength Online Support Group

For Mid Shore Families

Join other parents and caregivers of children with behavioral health challenges for support and conversation.

We will spend time chatting and supporting each other, share information on local resources, and have a short program on a featured topic. Discussion topics include:

- Self-care
- Mindfulness activities
- Anxiety coping skills
- Benefits of journaling
- Planful organization



When: 2nd Wednesday of the Month

Time: 2:00 to 3:00 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.

For more information, contact
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Maryland Coalition of Families

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