

Walk and Talk

Join other parents and caregivers of children with mental and behavioral health challenges for some self-care and support.



When: 1st and 3rd Friday
May through September

10:00 - 11:30 AM
Cancelled if raining

Where: Idlewild Park
115 Idlewild Ave,
Easton, MD 21601

Cost: FREE

Healthy refreshments included!

To register or get more information, contact: Cathy Anderson, CPSP, at canderson@mdcoalition.org or 443-472-8452

