

Howard County Area

# Family Ties Support Group

Support group for parents  
and caregivers of children  
with mental and behavioral  
health challenges

Join other parents for a monthly walk and talk session. Get peer support, talk about parenting issues and get information about community resources, all while enjoying some outdoor time. For more info, contact Nina Guth at 443-610-0483 or [nguth@mdcoalition.org](mailto:nguth@mdcoalition.org)

Last Tuesday of Each Month  
**9:30 to 11:30 AM**

Lake Elkhorn Park  
7200 Dockside Lane  
Columbia, MD

