



Western Maryland Cup of Tea for Parents and Caregivers Online Support Group

Cup of Tea Support Group! Now Online!

Grab a cup of tea (or your favorite relaxing beverage) and join this online support group for parents and caregivers of children with ADHD, autism, anxiety, conduct disorders or other behavioral health challenges.

You'll have the opportunity to learn about resources while sharing ideas and experiences with other parents. You'll also benefit by taking some relaxing time for yourself.

This group is for families that reside in Western Maryland

When: 4th Friday of the Month

Time: 1:00 to 2:00 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.

"We can support each other by sharing our stories, knowing that we're not alone...and never giving up."



**For more information and to receive the Zoom link, contact
Ula Slider at
uslider@mdcoalition.org or 240-818-3534**