

For Mid Shore Families

# Sharing Our Strength Support Group

For parents and caregivers of  
children with behavioral  
health challenges

Join other parents of children with behavioral health challenges for support, conversation, and refreshments. 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 and planful organization.

For more information, contact [Jen Neithercott](mailto:jneithercott@mdcoalition.org) at [jneithercott@mdcoalition.org](mailto:jneithercott@mdcoalition.org) or 443-472-9833.

**Third Wednesday Each Month  
11:30 AM to 12:30 PM**

**Register to receive location info:  
<https://sforce.co/3F31BfZ>**

