TRUST YOUR STRUGGLE AND NEVER LOSE HOPE

Thursday, August 3rd, 2023 | 7PM-8PM

This support group provides a safe space for caregivers to connect and discuss the challenges of loving someone with a substance use disorder. We’ll share ideas on ways to cope with stress and how to take care of ourselves.

Join us and...

- Learn ways to cope with the stresses of caring for a loved one with a substance use disorder
- Hear from others and their experiences while sharing your own
- Find new ways to prioritize your mental health and well-being

Register Here!
https://mcf.family/august-trust-your-struggle

For More Info:
Contact Haiden Cochran
Hcochran@mdcoalition.org
443-766-0525

Location: Cecil County
224 S Bridge St. Elkton
MD 21921