

For Midshore Families

# Building Resiliency Support Group

*For parents and caregivers of children with mental and behavioral health needs*

Join us for a monthly virtual time to connect with others, support each other and learn strategies for self-care and stress reduction. Learn about resources available from Maryland Coalition of Families. We'll explore a new topic each month. For more info, contact April Adams at [aadams@mdcoalition.org](mailto:aadams@mdcoalition.org) or Candace Gray at [cgray@mdcoalition.org](mailto:cgray@mdcoalition.org)

**Morning Group Register at:**  
<https://sforce.co/3v0979d>

**Evening Group Register at:**  
<https://sforce.co/3zgpuBg>

**Second Thursday of the Month**  
**11:30 AM-12:30 PM** or  
**Second Tuesday of the Month**  
**6:30 PM-7:30 PM**

