

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 or Candace Gray at cgray@mdcoalition.org.

Early Group Registration:
<https://sforce.co/41m5jNX>

Evening Group Registration:
<https://sforce.co/3nZSHgn>

Friday, May 12
12:00 PM - 1:00 PM
Tuesday, May 9
6:30 PM - 7:30 PM

