

Calming Our Chaos

**A virtual support group for
parents and caregivers of
children with behavioral
health challenges**



Join other parents and caregivers of children with behavioral health challenges for support and conversation. We will share information about local resources, talk about the importance of self-care and spend time chatting and supporting each other.

**Second Wednesday Each Month
6:00 - 7:30 PM**

For more information or to request the meeting link, please contact Crystal Simpson at csimpson@mdcoalition.org or 443.878.3461