

MCF
maryland coalition of families

Family Focus

Who is Caring for the Caregivers?

Support MCF



Diane came to MCF for support this Fall after her husband died by suicide. In addition to Diane, he left behind 3 children under the age of 10, one with autism and another with debilitating anxiety. All the children were profoundly impacted by their father's death and as the holiday season came upon them, Diane was overwhelmed trying to hold her family together both emotionally and financially. Without extended family nearby, Diane was alone, frightened and uncertain how to help her children cope with the loss of their father.

Diane's Family Peer Support Specialist also lost a loved one to suicide so she could relate to what Diane was experiencing. She helped Diane locate specialized grief resources for the children and connected Diane with a support group for spouses of people who died by suicide.

"I'm so thankful for MCF and my Family Peer Support Specialist. She reminded me that I need to take care of myself as much as I need to take care of my kids. It seems so simple but it's easy to forget when you're scared and overwhelmed," Diane said.

Family peer support is about connecting through shared experience. Our Family Peer Support Specialists care for the caregivers because they understand. They've been there too and bring to their work a perspective no one else can.

While we battle the mental health and substance use crises we face as a community, we have to remember that behind every person struggling right now there is someone who loves and cares for them. Those caregivers need care too. They need to know they aren't alone. They need hope.

Please donate to MCF so that together,

we can take care of the caregivers.

Donate
Today

December is Human Rights Month Freedom, Equality and Justice For All

In 1948, the United Nations established the Universal Declaration of Human Rights (UDHR). Over nearly 75 years, the UDHR has fueled progress in human rights, driving advancements in women's and indigenous rights, among others. In facing contemporary challenges, it remains more relevant than ever, providing guidance and principles for collective action. The UDHR urges everyone to champion human rights, emphasizing the interconnectedness of values across borders and generations. As the world grapples with crises, the UDHR offers a compass for inclusive and sustainable solutions.



MCF is dedicated to serving any family in Maryland in need of support. We respect and embrace the unique qualities, characteristics and identities of all those we serve and treat everyone compassionately and without judgement.

To learn more about our mission, values and beliefs, please visit our website.

The MCF
Difference

Meet MCF's Board of Directors Katherine Hunt



Meet Katherine Hunt, a Baltimore resident and mother of three who is fervently advocating for change that positively impacts the lives of families and communities. Katherine has devoted her career as a strategist and communicator to initiatives that support thriving and equitable school systems and learning opportunities for all. She is passionate about making the information and data that is collected about learners and schools more meaningful and actionable for families and policymakers as a partner at Collaborative Communications.

Katherine played an integral role in the creation of MCF's new strategic plan and is

working to support efforts to position MCF as a leader in the field of family peer support.

With a degree in Culture and Politics from Georgetown University, Katherine is an alum of prestigious programs such as the Institute for Education Leadership's Education Policy Fellowship and Harvard University's Center for Education Policy Research Strategic Data Project.



Maryland Coalition of Families' Annual Family Day in Annapolis

Elevating Family Voice Family Day in Annapolis

On **January 25, 2024**, families, parents, caregivers, young adults, partners, and MCF staff and board members will gather in Annapolis to ensure family voice is included in conversations about issues that matter to us most!

Its not too late to register to join us at the Governor Calvert House for lunch and to hear from speakers **Raphael Lopez**, Secretary of the Department of Human Services and **Delegate Joseline Pena-Melnyk**, Chair of the Health and Government Operations Committee, who will share their outlook on issues that impact people with behavioral health challenges and those who love them.

Following lunch and remarks, participants will attend meetings in the State House with elected representatives from their district.

To learn more about the day's events or to register, please visit our website!

Family Day in
Annapolis

**HAPPY
HOLIDAYS**

MCF will be closed from **December 26 through January 1** so that our staff can celebrate the holiday season with their families and be rested, refreshed, and ready to support you in the new year.

We assure you that all emails will be answered when we return to the office on **Tuesday, January 2.**

Get Connected! Stay Informed!

Online and In Person Support Groups

MCF offers many support groups to provide a safe space for you to learn, share and receive compassionate help. All are facilitated by trained Family Peer Support Specialists who have dealt with similar challenges in their own families. Groups are free for all participants and are held on different days of the week and different times of day. Find one or more that can work for you and join us soon!

[Find a Support Group](#)

Workshops, Trainings & Other Events

MCF offers a wide range of events, trainings and workshops for families who have a loved one with mental health, substance use or problem gambling challenges. Events are held in communities across the state or virtually and are offered at no cost to participants. Visit our website to learn more!

[Upcoming Events](#)

MCF Employment Opportunities

MCF is growing, and we have employment opportunities that might be perfect for you or someone you know! We currently have openings in many areas of the State. Please check our website for a complete list of openings.

- [Team Supervisor \(Baltimore or Harford County\)](#)
- [Family Peer Support Specialist - Mental Health \(Queen Anne or Kent County\)](#)

[Employment Opportunities](#)

For more information about MCF's programs and services, please follow us on social media!



[Unsubscribe kduffy@mdcoalition.org](mailto:kduffy@mdcoalition.org)

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by info@mdcoalition.org powered by



Try email marketing for free today!