

MCF  
maryland coalition of families

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# Family Focus

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## Thank You to Our Generous Donors for Making a Difference!

Maryland Coalition of Families is humbled and grateful for the overwhelming number of donations we received during the holiday season. Financial contributions to the organization in any amount are critical to ensuring that everyone who loves or cares for someone with a mental health, substance use, or problem gambling challenge receives emotional support, connections to resources and assistance navigating systems of care from a Family Peer Support Specialist who has been there too.

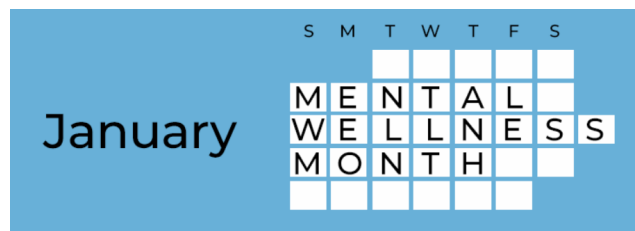


Thank you for believing in our mission and helping us continue to support Maryland families!

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## January Awareness Campaigns

### National Mental Wellness and Human Trafficking Prevention Month



January is Mental Wellness Awareness Month, serving as a timely reminder to prioritize our mental health amidst the prevalent issues in today's world. It emphasizes that mental well-being is equally significant as physical health. This first month of the year

offers an opportunity to assess our own and our loved ones' mental health, a crucial aspect often overshadowed by New Year's resolutions focused on physical fitness. Maintaining mental wellness is challenging but imperative. Use this month to release stress, enhance happiness, and improve relationship quality by spending time with loved ones, practicing gratitude, planning a trip, and honing self-care skills.

## 5 Ways to Support Mental Wellbeing in 2024

Human Trafficking Awareness Month, also observed in January, focuses on raising global awareness about various forms of exploitation like forced labor and sex trafficking. It highlights the significance of prevention, protection, and prosecution efforts. Resources, including hotlines for reporting, educational materials, and support organizations, aid in addressing this issue. Collaborative efforts involving governments, NGOs, and individuals are crucial for combating human trafficking and ensuring the well-being of victims. Through awareness promotion and resource provision, the month seeks to empower communities to stand against this crime and work towards its eradication.

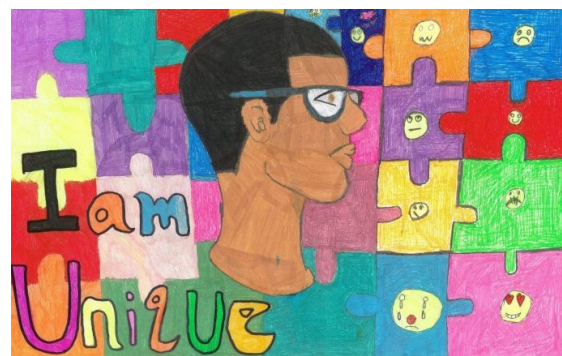


## 20 Ways You Can Help Fight Human Trafficking

## Children's Mental Health Matters!

### The poster contest is back and open to the public

Join the 2024 poster contest, where we promote understanding and acceptance of mental health among children! Each year, the vibrant creations of children and youth are featured on the official Children's Mental Health Matters poster. This year, the contest welcomes entries from all youth aged 0-18 residing in Maryland.



Participants have the freedom to express themselves creatively and interpret the theme in their own unique way! Detailed criteria and entry information can be found on the Children's Mental Health Matters website. The deadline for submissions is **February 16**.

[Learn More!](#)



## MCF Elevates Family Voice!

As MCF approaches its 19th annual Family Day in Annapolis, we are reminded of the power and importance of ensuring that family voice - your voice - is heard loud and clear in all the rooms where policy or legislative decisions are being made.

Between January and April when the Maryland General Assembly is in session, MCF has the opportunity to contribute family voice to decisions that impact people with mental health, substance use, or problem gambling disorders and those who love them. Through written or oral testimony from families and loved ones, legislators are able to see how their decisions impact their constituents.

There are several bills that MCF is tracking this year. If you are interested in learning more about how you can help, please contact MCF's Policy and Advocacy Associate, [Ashley Tauler](#) for more information.

And be on the lookout for our **Advocacy Action Alerts!** These Alerts will arrive in your inbox and provide updates on bills we're watching and highlight opportunities to get involved in advocacy efforts. All past editions of the Alerts can be found on MCF's website.

[Past Editions of Advocacy Action Alerts](#)

If you aren't sure who your elected representatives are in the Maryland General Assembly, there is an easy way to find out! Click on the link below to visit the Maryland General Assembly's website and enter your address to learn who your State Senator and Delegates are!

[Find your representative!](#)

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## 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

### 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

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!

or virtually and are offered at no cost to participants. Visit our website to learn more!

[Find a Support Group](#)

[Upcoming Events](#)

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## 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 - Substance Use (Cecil, Kent, Queen Anne's, Talbot, Dorchester, or Caroline County)**

[Employment Opportunities](#)

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



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