

For Baltimore and Harford  
County Families

# Grit & Grace Support Group

For parents and caregivers of  
children and adults with mental  
health challenges

Join other caregivers in a virtual setting to connect and share ideas and tips on how to care for your loved one. You will also have the opportunity to learn more about how MCF can help you and your family. We look forward to seeing you!

For more info or to RSVP, contact Danielle Haddix at [dhaddix@mdcoalition.org](mailto:dhaddix@mdcoalition.org)

**Second Tuesday Each Month  
7:00 to 8:00 PM**

**Online via Microsoft Teams,  
please RSVP to receive  
meeting link .**

