Do you have a child with mental health or substance use challenges? Could you use a LIFT?

You may have a lot of questions or concerns about your child. LIFT is a support group for families to discuss and learn more about such topics as:

- Where can I find help for my child?
- What services might my child be eligible for?
- How can I gain access to services?
- Am I all alone if feeling like this?
- What should I do if my child is having problems in school?

Learn about resources while sharing ideas and experiences with other caregivers. You’ll also benefit by taking some time for yourself!

For more information or to register to attend and receive the virtual meeting link, please email Cynthia Kirk at c.kirk@mdcoalition.org or call 443.878.3116