



Laughter Insight Family Training (LIFT)

Online Support Group for Howard County Families

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!

**2nd Tuesday Each Month
11:00 am - 12:30 pm**

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