



Maryland  
Coalition  
of Families  
presents:

# Children's Mental Health & Self Care Support Group

May 24, 2023  
10:00AM - 12:00PM

Come join us for a self care day - kid style!  
May is Children's Mental Health month, and  
we're celebrating our kiddos! We're going to  
make our own self care baskets, talk about  
what self care means to our children and how  
to implement self care into our daily lives!  
Because kids need to self care too!! We will  
have light refreshments!

**Please register by May 20th so we have a  
count for food and supplies!**

Can't wait to see everyone!



Register at:  
<https://mcf.family/Children-Mental-Health-Self-Care>