



More Than Moms

Support Group for Moms in Charles County

This is a virtual support group for moms of children with mental health challenges

Join other moms as we reflect on our journeys through motherhood. Reignite your power and self-confidence as a mother and a woman. We will build our mental health survival tool kit and learn to cultivate our support networks. Start a new self-care routine and think of yourself as more than the labels you are given.

3RD MONDAY OF
THE MONTH

6:30 TO 7:30 PM

ONLINE

**FOR MORE INFORMATION OR TO
REQUEST MEETING LINK, CONTACT:**

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Learn more about MCF at

www.mdcoalition.org

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