



# *More Than Moms*

## Support for Moms in Charles County

THIRD MONDAY  
OF THE MONTH

6:30 TO 7:30 PM

WHERE:  
ONLINE  
SUPPORT GROUP



*Virtual support group for moms of  
children with mental and behavioral  
health challenges*

Join other moms as we self-reflect on our journey through motherhood in a new series called "I Got This!" This series will allow you to reignite your power and self-confidence as a mother and a woman. We will build onto our mental health survival toolkit and learn to cultivate our support networks. Learn to start a new self-care routine and think of yourself as more than the labels you are given.

FOR MORE  
INFORMATION  
CONTACT:

**JENEE YOUNG**  
202-993-4684

[jyoung@mdcoalition.org](mailto:jyoung@mdcoalition.org)

or

**ARICKA WASHINGTON**  
443-878-8112

[awashington@mdcoalition.org](mailto:awashington@mdcoalition.org)

Learn more about MCF at

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