



More Than Moms

Support for Moms in Charles County

SECOND
THURSDAY OF
EACH MONTH

6:30 TO 8:30 PM

WHERE:
VIRTUAL VIA ZOOM

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

Join other moms as we dive into "what's on your plate?" We will create a mental health survival toolkit and learn to cultivate our support networks. Learn to start a new self-care routine and thank of yourself as more than the labels you are given.



FOR MORE
INFORMATION
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www.mdcoalition.org

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