

Self-Awareness is Wellness

**For parents and caregivers of
youth with behavioral health
issues**

Join other parents each month online for networking, sharing parenting experiences and ideas while learning to form healthy relationships between caregiver and youth. Connect with other families and enjoy some adult conversation with your peers. Topics include communication styles, setting boundaries and more.

For more information and online meeting link, contact Teresa Ragsdale at tragsdale@mdcoalition.org

**Last Wednesday of the Month
5:30 to 6:30 PM**

Online Support Group

