



# The Self Expression Sessions

Connect, Share and Create

These sessions are all about taking better care of YOU!

## Online Support Group

Connect online with other Parents and Caregivers from the comfort of your own space to share, receive support, enjoy a few laughs and explore your creative side.

Can't be on for the entire call?  
No Worries! Join us and stay on for as long as you can.

Can't join us every Wednesday?  
No Worries!  
This group is ongoing.

**When:** Every Wednesday  
(Beginning March 31, 2021)

**Time:** 5:00pm – 6:30pm

**Where:** Online Zoom Meeting  
\*NEW LINK\*  
<https://zoom.us/j/97562277231>

Meeting ID: 975 6227 7231  
Dial In:  
+13017158592  
+97562277231

*This virtual group is open to families across Maryland.*

For more information contact:  
Janet Jones at [JJones@mdcoalition.org](mailto:JJones@mdcoalition.org) or 443-878-9367

*“We can support each other by sharing stories, from knowing that we’re not alone...and by never giving up.”*  
An MCF Mom



Maryland Coalition of Families