



# The Self Expression Sessions

Connect, Share and Create

**These sessions are all about taking better care of YOU!**

## Virtual Support Group

The Self Expression Sessions is a “self-care focused” Virtual Support Group. The sessions are all about taking better care of YOU! We cannot control our loved ones/children’s behavior, choices or decisions, but we can make certain that we are taking care of OURSELVES during those challenging times.

**Self-Care is essential, not selfish!**

**When:** Every Wednesday  
**Time:** 5:00pm – 6:30pm  
**Where:** Online Zoom Meeting  
Please Note:  
**No Summer Sessions July - August**  
Sessions Resume on Wednesday 9/13/2023!

**Can’t be on for the entire call or every Wednesday? No Worries!  
Join us and stay on for as long as you can.**

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

**For more information and/or to attend please 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