



Embracing Strength

Southern Maryland Support Group



You may join anonymously

Anne Arundel County
Calvert County
Charles County
St. Mary's County



Second Wednesday of each month



12:00 - 1:00pm



Virtual through Zoom

Attend this virtual support group if you:

- Reside in any of the counties above
- Have loved ones affected by mental health, substance use, and/or problem gambling
- Would like to connect with others
- Would like to receive support and information

Questions? Please email Donna Howard at donna@ppmd.org

Register now!

You will receive the virtual link by email



www.tfaforms.com/5198841