



## Finding Hope to Cope The Second Thursday of the Month

Our group is open to anyone who has a loved one who is affected by drug or alcohol addiction in Garrett or Allegany County.

We provide a nonjudgmental place to share experiences and offer support and understanding. Together we can put a loved one's addiction into perspective and set healthy boundaries. All information is confidential.

**For more information, contact**  
Teresa Friend at  
[tfriend@mdcoalition.org](mailto:tfriend@mdcoalition.org) or  
443-766-0525

**When:** Second Thursday  
of the Month  
6 PM – 8 pm  
**Where:** Garrett County  
Community Action  
104 East Center Street  
Oakland, MD 21550  
**Cost:** Free  
**Upcoming  
Sessions:** November 8, 2018  
December 13, 2018  
January 10, 2018  
February 14, 2018



***“We can support each other by sharing stories, from knowing that I’m not alone...and we never give up.”***

*This event is provided with support from the Maryland Department of Health, Behavioral Health Administration.*

*Funding for this program is provided by...*

**Maryland Coalition of Families**

**410-730-8267 | [www.mdcoalition.org](http://www.mdcoalition.org)**