

Montgomery County Federation of Families for Children's Mental Health, Inc.

## S.O.L.U.T.I.O.N.S. Support Group

“Supporting Our Loved Ones Unconditionally Thru Ideas, Opinions, New Information & Strategies”

**Door  
Prizes**



**DINNER  
Provided**

Are you a family member raising a child with an emotional, behavioral or mental health challenge?

Do you need emotional support?

Do you want to find resources available in the community?

Do you want to learn effective coping skills?

Do you want to exchange ideas with other family member having similar experiences?

**We have the S.O.L.U.T.I.O.N.S. group just for you!**

**DAY:** Third Thursday of Every Month: April 15, 2010, May 20, 2010, June 17, 2010

**April 15 TOPIC:** “Questions to Ask Your Doctor”

**GUEST SPEAKER:** Dr. Abby Morris, Mental Health Psychiatrist

**TIME:** 5:30 -7:00 pm

**LOCATION:** Habitat for Humanity of Montgomery County, MD, Inc.

9100 Gaither Road

Gaithersburg, MD 20877-1422

☞ ENTER AND EXIT THROUGH THE RESTORE

**COST:** FREE

*Registration is required. Transportation and Child Care stipends may be available pending availability of funds and must be arranged in advance.*

*To register or get more information,  
contact Michele Banks at 301-648-4978 (phone) or MBanks@mcfof.org (email).*