



# Is Someone You Love Struggling with a Substance Use Disorder?

## JOIN OUR VIRTUAL WORKSHOP SERIES

Maryland Coalition of Families is offering a free six-part virtual training series to educate families and loved ones about substance use disorders. All registrants will receive a free workbook in the mail, which includes valuable information and resources. Learn about family peer support, advocacy, the science behind addiction and trauma, and how you can help support yourself and your loved one during their journey. We invite you to attend all the workshops, or just the ones that pertain to you. Please share this information with anyone who could benefit from these free workshops.

### **MCF Family Peer Support: Who We Are and How We Help**

Date: Thursday, May 7, 2020

Time: 10:00 am – 11:00 am

### **Recognizing and Responding to Substance Use Disorders**

Date: Thursday, May 14, 2020

Time: 10:00 am – 11:00 am

### **Stages of Change: Understanding and Overcoming Addiction**

Date: Thursday, May 21, 2020

Time: 10:00 am – 11:30 am

### **Adverse Childhood Experiences and Trauma**

Date: Thursday, May 28, 2020

Time: 10:00 am – 11:30 am

### **Maryland Behavioral Health Systems and Advocacy**

Date: Thursday, June 4, 2020

Time: 10:00 am – 11:00 am

### **The Importance of Caregiver Self-Care**

Date: Thursday, June 11, 2020

Time: 10:00 am – 11:00 am

**To register, visit: [www.MCF-VirtualWorkshopSeries.eventbrite.com](http://www.MCF-VirtualWorkshopSeries.eventbrite.com)**

**For more information, please contact**

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