

MCFOF.org

The INformer

6/15/2020

Vol. VI



**EVERYONE
COUNTS IN
MCMD**

www.montgomerycountymd.gov/census

United States
**Census
2020**

13321 New Hampshire Ave., Suite 101
Silver Spring, Md. 20904
www.mcfof.org

301-879-5200 (P)
301-879-0012 (F)

Help us spread the word by forwarding the INformer to families with children and young adults to learn about free, confidential support for their family from the Montgomery County Federation of Families for Children's Mental Health, Inc. (MCFOF).

MCFOF is a family-run organization in Montgomery County, Maryland. Our dedicated and committed staff have experience caring for someone in their own family who has mental health, drug usage, or alcohol challenges. We will work with you in a non-judgmental way, giving you the support and resources you need in Montgomery County, Maryland.

- We have an individualized approach tailored to the needs and preferences of each family
- You can receive understanding, compassionate and a great emotional support from someone who **"has been there"** and has navigated the system
- We can help find mental health and substance use resources and treatment for your loved ones
- Guidance about parenting skills by setting boundaries and having difficult conversations with your youth about problems in the home
- Support and training for self-care and well-being for the whole family
- Training about substance abuse, the use of Narcan, the opioid overdose reversal drug
- Support for School and or other programs you may need assistance with for the success of your family
- Information about Covid-19 and how we can assist

Upcoming FREE Online Educational Opportunities for Families: Please check our website for Dates and Times

MC Federation of Families: Who we are and how we can assist you

- Introduction to Staff and what they do
- Answering questions and giving resources that you may need
- "How to Get Organized"
- What do you need and how we can assist you?

Recovery Basics

- General understanding to the recovery process
- Understanding of how to work with those who have Substance abuse problems
- How a Recovery Coach works

Parenting Skills

- How do you Parent?
- How to be an Active Parent
- How to gather the skills you may need

Support Groups

- **Parent Connection** - every second Saturday of the month at 10am
- **Parent Talk** - every Thursday at 12pm to 1pm

When you connect a family to MCFOF, you can be a true **Resource** in your community.
Have questions? Contact MCFOF at 301-879-5200 or www.mcfof.org