



YOU ARE NOT ALONE

Peer Grief Support Group

for parents and other primary caregivers who have lost a loved one due to an overdose or another substance use-related death

Facilitated by Melody Smith and Pat Mosby,
Peer Grief Supporters from the Montgomery County
Federation of Families for Children's Mental Health

4th Thursday of the month on Zoom
6:00 pm to 7:00 pm
Starting September 23, 2021

Registrants will receive the Zoom link in a separate email.

To register, go to:

<https://www.eventbrite.com/e/166826964943>

If you have lost a loved one due to an overdose or another substance use-related death and need support, come to a new peer grief support group. The purpose of the group is for members to support one another in coping with grief. We believe that sharing the experience of tragedy can promote healing.



Agenda

- Mindfulness - Meditation
- Topic for the night
- Check-in with Everyone
- New Resources

For more information contact:

Melody Smith, Family Peer Support Partner/Recovery Coach - msmith@mcfof.org

Pat Mosby, Family Peer Support and Registered Peer Supervisor/Recovery Coach
Professional - mmosby@mcfof.org

Anne Ellis, Administrative Assistant – 301-879-5200 (landline phone) aellis@mcfof.org