Healing Together

Virtual Support Group for Siblings of Substance Users

Join siblings from across the state of Maryland as we discuss the unique role we play in the lives of siblings who struggle with addiction.

Learn strategies for effectively supporting your sibling, as well as self-care techniques. Together we will laugh, we will cry, we will learn, we will heal.

"As the brother of someone with a substance use problem, I often felt like I was alone. I could not talk with my friends or co-workers; and my family's attention was primarily focused on my brother's recovery. I'd wished I had a space where I could vent and share my experiences with others like me."
–Austin Torsch, Support Group Leader

When: 4th Monday of every month

Time: 7:00 – 8:00 PM

Where: Online Zoom Meeting*

Cost: Free

*Zoom is a free video and phone conferencing tool. Just click in and join from your computer, tablet, or smart phone. Downloading the free Zoom app is recommended, but not required.

For further information, please contact:

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Maryland Coalition of Families