



Mothers' Support Group

Topics will include: Reflections of having a child with a disability; Letting go of guilt; finding balance; first things first; wants versus needs; gratitude; isolation; boundaries; staying in the present; juggling competing demands.

**Who: Mothers who have Sons or Daughters
with disabilities of all ages**

When: Third Saturday of Each Month

Time: 11:30am-1:00 pm

Where: The Arc of Frederick County

620-A Research Court

Frederick, MD 21703

RSVP: Bridget Patterson

at 301-663-0909 x 121 or

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