



# A Support Group for Mothers



*Please join us!*

**Monday, December 12, 2016**

**6:30 p.m.-8:00 p.m.**

*Free Child Care for All Ages*

**\*\*\* Please note change in location \*\*\***

**620A Research Court**

**Frederick, MD 21703**

This is a support group for mothers/caregivers of individuals, ages birth to adult, with intellectual and developmental disabilities. **This support group meets the second Monday of every month.** Mothers caring for individuals with disabilities face a unique set of challenges. The opportunity to connect with other mothers who have been through similar experiences can be a valuable form of support.

For more information contact:

Anjela McNally: [amcnally@arcfc.org](mailto:amcnally@arcfc.org)  
301-663-0909 ext. 153

Kari Borgealt: [kborgealt@arcfc.org](mailto:kborgealt@arcfc.org)  
301-663-0909 ext. 167