



December is often a time for social gatherings and holiday traditions, but it can also bring unique challenges for families supporting loved ones facing mental health concerns. The Maryland Coalition of Families (MCF), a statewide nonprofit that provides guidance and support to people caring for someone with mental health, substance use, or problem gambling challenges, reminds families that they are not alone. By providing compassionate support and resources, MCF helps families find hope and strength during the holiday season and beyond.

MCF specializes in family peer support and needs tailored to specific challenges, offering a variety of free, confidential services to address a wide range of needs. In addition to direct support, MCF works to empower families through initiatives such as advocacy programs, leadership development opportunities, and youth-focused efforts like the “Taking Flight: Young Adult Peer Support” program.

Whether families need one-on-one support, guidance navigating care systems, or a platform to advocate for change, MCF offers services designed to meet their needs. Families can start receiving help at any time by visiting the MCF website and submitting a referral request through the “Request Services Now” feature. For more information, visit their website at [mdcoalition.org/](https://mdcoalition.org/)