

# Healing from Family Challenges Counseling Group

Wednesdays 3 - 4:30 p.m.

Starting October 16th

**Are you struggling with  
challenging family  
dynamics?**

**Do you worry that your  
current interactions are  
adversely impacted by  
past experiences?**

**If so, this group might be  
right for you.**



Learn more on  
myUMBC!



All RIH services are LGBTQIA2S+ friendly  
and are welcoming to all diverse populations.

To learn more and join call (410)-455-2542 or  
visit your retriever care portal to schedule  
your initial consultation appointment.



RETRIEVER  
INTEGRATED  
HEALTH