

DC Department of Behavioral Health

WELLNESS WEDNESDAY SERIES

September 2020

DATE	WORKSHOP TOPIC	TIME
Sept. 2	Back to Basic: Self-Care for Parents	5:30 PM
Sept. 9	Protective Factor: Resilience Part I	5:30 PM
Sept. 16	Protective Factor: Resilience Part II	5:30 PM
Sept. 23	Protective Factor: Relationships Part I	5:30 PM
Sept. 30	Protective Factor: Relationships Part II	5:30 PM

SAVE THE DATE

Weekly on
Wednesdays

Parent Support

Self Care

Knowledge

Communication

JOIN US USING THIS LINK

bit.ly/31JpYiv

Join meeting by phone:

Toll free number: 1-650-479-3208

Local (Washington D.C.) 1-202-860-2110

Access Code: 172 761 9215



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