

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

January 2021

Date	Workshop Topic	Time
Jan. 6	Parenting in 2021- How Do You Manage It All?	5:30 PM
Jan. 13	I Have Your Back! Being Your Child's # 1 Advocate	5:30 PM
Jan. 20	HOLIDAY (No Live Session this Week)	5:30 PM
Jan. 27	Wellness in Motion: What's Your Move? Self-Care Summit Kick Off	5:30PM

Weekly Series

Topics Include

Relationships

Resiliency

Self Care

Knowledge

Communication

JOIN US USING THIS LINK:

<https://bit.ly/2Kr4PDk>
Password: WW20

Join meeting by phone:

Call-in toll number: 1-650-479-3208 Local
(Washington D.C.)

1-202-860-2110 Access Code: 1726204243

