

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

February 2021 - "LOVE & RELATIONSHIPS"

Date	Workshop Topic	Time	Weekly Series Topics Include
FEB. 3	"You Don't Always Have To Do It Alone: It's Okay To Accept Help Sometimes"	5:30 PM	Relationships
FEB.10	"Reduce Conflict and Get More Connected"	5:30 PM	Resiliency
FEB.17	"Building on Family Strengths"	5:30 PM	Self Care
FEB. 24	"Active Listening"	5:30PM	Knowledge
			Communication

JOIN US USING THIS LINK: <https://bit.ly/31JpYiv>
Password: WW20

Web Ex Instructions:

Use CHROME - DOWNLOAD Cisco WebEx APP- DISABLE Pop-up Blockers

Link to DBH/Parent Support Program:

<https://dbh.dc.gov/service/parent-support-program> RIGHT-CLICK on Link to "OPEN HYPERLINK"

Join meeting by phone:

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

1-202-860-2110 Access Code: 1727619215

