

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

June 2022 – STEPPING INTO SUMMER WITH CONFIDENCE AND A CLEAR MIND

Date	Workshop Topic	Time	Weekly Series
Jun 1	Steps for Maintaining a Positive Outlook: Transitioning from School to Summer Activities	5:30 PM	Relationships
Jun 8	Summer Mental Health Tips	5:30 PM	Self Care
Jun 15	Decluttering our Mind and Environment to Provide Wellness	5:30 PM	Knowledge
Jun 22	It Takes a Village: Leaning on your Support Network During the Summer	5:30 PM	Communication
Jun 29	Summer Activities to Boost your Family's Wellbeing	5:30 PM	

ALL SESSIONS ARE RECORDED AND WILL BE PLACED ON THE DBH WEBSITE IN THE ON-DEMAND VIDEO LIBRARY

JOIN US USING THIS LINK:

[https:// bit.ly/2Kr4PDk](https://bit.ly/2Kr4PDk)

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: 172 6204243

