

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

November 2021 – GRATITUDE, GATHERINGS & RITUALS

Date	Workshop Topic	Time	Weekly Series
Nov 3	Fostering gratitude and appreciation within our families.	5:30 PM	Relationships
Nov 10	Sharing meaningful traditions and rituals with our children.	5:30PM	Self Care
Nov 17	Family Fun: Activities to promote positive parent-child relationships.	5:30 PM	Knowledge
Nov 24	HOLIDAY-No Session	5:30 PM	Communication

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>
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:1726204243



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WASHINGTON DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR