

# 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](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

