

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

May 2021 – EMOTIONAL WELLNESS

Date	Workshop Topic	Time	Weekly Topics Include
MAY 5	Mental Emotional Reset	5:30 PM	Relationship
MAY 12	Full Body Tune-Up	5:30PM	Resiliency
MAY 19	Planning for Emotional Wellness	5:30 PM	Self Care
MAY 26	Emotional Well-Being: 'Tips' from Tucker the Turtle	5:30 PM	Knowledge
ALL SESSIONS ARE RECORDED AND WILL BE PLACED ON THE DBH WEB-SITE IN THE ON-DEMAND VIDEO LIBRARY			Communication

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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