

# DC Department of Behavioral Health Wellness Wednesday/Support for Parents

## AUGUST 2021 - Supporting Reopening Together

Date	Workshop Topic	Time	Weekly Series
AUG 4	How Do You Know You're Ready?	5:30 PM	Relationships
AUG 11	Catching up with School and Making New Adjustments – Part I	5:30PM	Self Care
AUG 18	Catching up with School and Making New Adjustments – Part II	5:30 PM	Knowledge
AUG 25	Changes, Challenges and Self-Care	5:30 PM	Communication

ALL SESSIONS ARE RECORDED AND WILL BE PLACED ON THE DBH WEB-SITE 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



WE ARE GOVERNMENT OF THE  
WASHINGTON DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR