

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

## September 2021 –

### Back to School: Supporting your Child's Health

Date	Workshop Topic	Time	Weekly Series
Sept 1	Being Fully Present for Your Child	5:30 PM	Relationships
Sept 8	Back to School Emotions: How Are We Managing?	5:30PM	Self Care
Sept 15	Promoting My Child's Physical Wellness During the School Year	5:30 PM	Knowledge
Sept 22	Getting Back into a Routine: How Are We Doing?	5:30 PM	Communication
Sept 29	Parent Wellness: How Are You Really Coping?	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: 1726204243

