

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

## JULY 2021 – “BEGINNING THE BIG RETURN”

Date	Workshop Topic	Time	Weekly Series Topics Include
JULY 7	Ready, Set, Go! Moving Toward the Big Return	5:30 PM	Relationships
JULY 14	The Big Return and Self Care	5:30PM	Resiliency
JULY 21	Returning to Healthy Sleeping Patterns	5:30 PM	Self Care
JULY 28	Our ‘New’ Beginning	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](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: 172 6204243

