

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

April / May / June 2023

**Lifelong Strategies for
Healthy Living**

Date	Workshop Topic	Time	
Apr 26	Creating a Family Culture of Well-Being	5:30 PM	Weekly Series
May 31	Tips for Improving Your Physical Wellness	5:30 PM	Relationships
Jun 28	Benefits of Doing an Annual Wellness Visit	5:30 PM	Self Care
			Knowledge
			Communication

Virtual Wellness Wednesday sessions are held on the last Wednesday of each month.

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: 172 6204243

