

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

October 2021 – Skills for Success: Helping Children Problem Solve

Date	Workshop Topic	Time	Weekly Series
Oct 6	Teaching our children how to manage their feelings and behaviors	5:30 PM	Relationships
Oct 13	Helping our children make good decisions	5:30PM	Self Care
Oct 20	Positive ways to help children manage disappointment	5:30 PM	Knowledge
Oct 27	How can I help my child when he or she is struggling?	5:30 PM	Communication

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

