

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

December 2020

Date	Workshop Topic	Time
Dec. 2	In A Storm the Oak Breaks but the Willow Bends: Find out the Willow's Secret: What is Resiliency?	5:30 PM
Dec. 9	Finding Strength to Manage These Challenging Times.	5:30 PM
Dec. 16	Strengthening Relationships with My Kids During COVID.	5:30 PM
Dec. 23	Strengthening Relationships with My Kids During COVID.	5:30PM
Dec. 30	Ending the Year with COVID-19 and Kids at Home: The Good, the Bad and the Ugly.	5:30PM

Weekly Series

Topics Include

Relationships

Resiliency

Self Care

Knowledge

Communication

JOIN US USING THIS LINK:

<https://bit.ly/2Kr4PDk>

Password: WW20

Join meeting by phone:

Call-in toll number: 1-650-479-3208 Local
(Washington D.C.)

1-202-860-2110 Access Code: 1726204243

