

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

## May 2021 – EMOTIONAL WELLNESS

Date	Workshop Topic	Time	Weekly Topics Include
MAY 5	Mental Emotional Reset	5:30 PM	Relationship
MAY 12	Full Body Tune-Up	5:30PM	Resiliency
MAY 19	Planning for Emotional Wellness	5:30 PM	Self Care
MAY 26	Emotional Well-Being: 'Tips' from Tucker the Turtle	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>

**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**

