

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

April 2021 – Growing STRONG in the Midst of Adversity

Date	Workshop Topic	Time	Weekly Series Topics Include
APR.7	Growing Stronger: Endless Possibilities	5:30 PM	Relationships
APR.14	Blossoming Through Adversity: The Light after Loss	5:30PM	Resiliency
APR.21	Loss of Social Connections	5:30 PM	Self-Care
APR.28	Healing from Our Past to Embrace the Future	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: 172 6204243

