

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

## JUNE 2021 – "REFLECTIONS: How Did We Survive?"

Date	Workshop Topic	Time	Weekly Series Topics Include
JUNE 2	How We Did It: The Good, the Bad and the Ugly	5:30 PM	Relationships
JUNE 9	Emotional Growth: A Sea for Change	5:30 PM	Resiliency
JUNE 16	Human Connections: How Live Interactions Are Different 'Post COVID'	5:30PM	Self Care
JUNE 23	Caring for Others: How Did We Make It?	5:30 PM	Knowledge
JUNE 30	Working Differently '9 to 5'	5:30 PM	Communication
ALL SESSIONS ARE RECORDED AND WILL BE PLACED ON THE DBH WEB-SITE IN THE ON-DEMAND VIDEO LIBRARY			

**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



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DISTRICT OF COLUMBIA