

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

**May 2022**— **MENTAL HEALTH AWARENESS:  
MAINTAINING BODY, MIND AND SOUL**

Date	Workshop Topic	Time	Weekly Series
May 4	Planning for Emotional Success	5:30 PM	Relationships
May 11	Adapting Healthy Strategies for Coping	5:30 PM	Self Care
May 18	Mental Emotional Reset: Balancing Mind, Body & Soul	5:30 PM	Knowledge
May 25	Strategies to Improve Self-Compassion	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

*WebEx 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

