

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

January / February / March 2023

**Putting Yourself First
in the New Year**

Date	Workshop Topic	Time	
Jan 25	Including Positive Affirmations in Your New Year's Resolutions	5:30 PM	Weekly Series
Feb 22	Loving Yourself: It's Okay to Put Yourself First	5:30 PM	Relationships
Mar 29	Embracing the New Season: Celebrating Your Achievements and Successes	5:30 PM	Self Care
			Knowledge
			Communication

Virtual Wellness Wednesday sessions will be held on the last Wednesday of each month.

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

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

