

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

## November 2020

Date	Workshop Topic	Time
Nov. 4	“Say What? Communicating During COVID-19 – It Takes More Than Words” – Part I	5:30 PM
Nov.11	HOLIDAY – Veteran’s Day	5:30 PM
Nov.18	“Say What? Communicating During COVID-19 – It Takes More Than Words” – Part II	5:30 PM
Nov.25	“What Will Virtual Turkey Taste Like? – Maintaining Relationships & Rituals During the Holidays”	5:30PM

### Weekly Series

#### Topics Include

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Relationships

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Resiliency

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Self Care

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Knowledge

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Communication

**JOIN US USING THIS LINK:**

<https://bit.ly/31JpYiv>  
Password: WW20

**Join meeting by phone:**

**Call-in toll number: 1-650-479-3208 Local  
(Washington D.C.)**

**1-202-860-2110 Access Code: 172 761 9215**

