

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

## October 2020

Date	Workshop Topic	Time	Weekly Series
Oct. 7	Parenting Knowledge Part I: Knowledge of Parenting and Child Development	5:30 PM	Topics Include Relationships
Oct. 14	Parenting Knowledge Part II: Part Natural Part Learned	5:30 PM	Resiliency
Oct. 21	Support Part I: Everyone Needs Help Sometimes	5:30 PM	Self Care
Oct. 28	Support Part II: Concrete Support in Times of Need	5:30 PM	Knowledge 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**

