

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

July / August / September 2023

**Strategies for Supporting Our
Children Through Difficult Situation**

Date	Workshop Topic	Time	Weekly Series
Jul 28	Identifying Ways to Support Your Child's Self-Esteem	5:30 PM	Relationships
Aug 30	Suggestions on How to Talk with Your Children Regarding Violence and Identifying Ways to Stay Safe	5:30 PM	Self Care
Sep 27	Strategies for Talking with Your Children about Peer Pressure	5:30 PM	Knowledge
<p>Virtual Wellness Wednesday sessions will be held on the last Wednesday of each month.</p> <p>ALL SESSIONS ARE RECORDED AND WILL BE PLACED ON THE DBH WEBSITE IN THE ON-DEMAND VIDEO LIBRARY</p>			Communication

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

