

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

December 2020

Date	Workshop Topic	Time
Dec. 2	In A Storm the Oak Breaks but the Willow Bends: Find out the Willow's Secret: What is Resiliency?	5:30 PM
Dec. 9	In A Storm the Oak Breaks but the Willow Bends: Find out the Willow's Secret: What is Resiliency?	5:30 PM
Dec. 16	Who Am I? Who Are You? Who Are We? What is 2020 teaching us about relationships?	5:30 PM
Dec. 23	Who Am I? Who Are You? Who Are We? What is 2020 Teaching Us About Relationships?	5:30PM
Dec. 30	2020: Reflecting on the past, looking to the future.	5:30PM

Weekly Series

Topics Include

Relationships

Resiliency

Self Care

Knowledge

Communication

JOIN US USING THIS LINK:

<https://bit.ly/2Kr4PDk>

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

