

# Free Self-Care Workshops for All DMV Parents

Offered by  
Family Well-Being  
Program

## Mindful Parent Community

Every **Monday** starting May 18<sup>th</sup>, 2020

10 AM - 11:30 AM

(Workshop offered virtually on Zoom)

Join anytime!

## It Takes A Village

New workshop about overcoming tough times in our past to have a happier future!

**Mondays 1-2 pm &**

**Tuesdays 1-2 pm**

Contact us for more info!

## Mindful Parent Community

Every **Thursday** starting May 28<sup>th</sup>, 2020

9:30 AM - 10:30 AM

(Workshop offered virtually on Zoom)

Join anytime!

## Join the Community!

For more information and to sign up:

**[FamilyWellbeingProgram@gmail.com](mailto:FamilyWellbeingProgram@gmail.com)**

...or call/text: (301)857-2205