

DC CHILD CARE CONNECTIONS



Family Connections October 2021 Workshops A Celebration of Families and Communities Learning Together

DC Child Care Connections (DC CCC) is the District's child care resource and referral agency. DC CCC helps families find child care and resources that ensure the healthy growth and development of children birth to age 5. DC CCC may be reached at **(202) 829-2500**, **(202) 678-0027** or OSSE.dchildcareconnections@dc.gov.

Thursday, Oct. 7, 2021 **Virtual Listening Session**

DC CCC is conducting virtual listening sessions with DC families to learn more about your views and experiences with early childhood education and care in the District. If your family has a child younger than 5 or is expecting, we invite you to share your experience searching for child care. Your insights will help us better support young children and families in the District. Families who participate will receive books for your home library and will be entered into a random drawing to win a \$100 gift card!

[Click here to register](#)

Time: 5:30-6:30 p.m.

Wednesday, Oct. 13, 2021 **Wellness Workshop: Eating Smart, Being Active**

DC CCC in partnership with the Expanded Food and Nutrition Education Program (EFNEP) at the University of the District of Columbia will be hosting an 8-week nutrition and wellness series for families. During the series, held in English and Spanish, participants will have an opportunity to learn about healthy eating habits and the importance of being active. All participants will receive a wellness resource kit and grocery store gift cards. Space is limited.

[Click here to register](#)

Time: 5:30-6:30 p.m.

Thursday, Oct. 21, 2021 **Harambee Workshop: Taking Care of Yourself and Your Children During the Pandemic**

DC CCC in partnership with Hilcrest Child and Family Center will discuss tips and share coping strategies for taking care of the family during the pandemic. This workshop will help families gain an understanding of stressors and identify strategies to lessen stress levels, including participating in activities that promote physical health and mental well-being.

[Click here to register](#)

Time: 5:30-6:30 p.m.

