

400 Atlantic Street SE (Entrance on Condon Terrace) (202) 891-7894 ward8hub@awidercircle.org

## **Weekly Programming**

MON	TUE	WED	тни	FRI
1:00 PM - Art Therapy	11:30 AM - Talk it Out Tuesday- Group Mental Health Session	10:30 AM - Job Cafe  12:00 PM - Wellness Wednesday- Healthy Lifestyle Choices	10:00 AM - Coffee & Conversation 11:00 AM - Highland Recovery Group 12:00 PM - Hand Dance Class	OFFICE CLOSED TO THE PUBLIC

## **Upcoming Events**

Date	Upcoming Events		
12/17/25	Self-care workshop & lunch presented by Jen Tidwell - 12:30 pm - 1:30 pm - RSVP required no later than 12/15/25 call (202) 891-7894 to secure your space		
12/19/25	Highland Dwellings Resident Council Meeting - 2:00 pm - Highland Dwellings Community Center 662 Atlantic Street SE		
12/19/25	Youth Community Christmas Dinner - 5:00 pm - 7:00 pm -Highland Dwellings Community Center 662 Atlantic St SE		
12/20/25	Adult Community Christmas Dinner - 5:00 pm - 7:00 pm -Highland Dwellings Community Center 662 Atlantic St SE		
1/6/26	Happy Holidays - The Ward 8 Hub will be closed from 12/19/25 and will return for in person services on 1/6/26		

## **Ongoing Resources**

Resource	Info	Contact Info
Mental Health Services	In person or online individual or family sessions for DC residents. No insurance needed.	eameen@awidercircle.org
Career Support Services	Career Support staff are at the Hub on Mondays and Wednesdays.	careersupport@ awidercircle.org (301) 608-3504