

# A WIDER CIRCLE'S WARD 8 HUB

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

## Weekly Programming

MON	TUE	WED	THU	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
2/4/26	Rep Your Team Pre-Super Bowl Party - Healthy food options - 12:00 pm - 2:00 pm
2/11/26	Healthy Habits Workshop & Lunch - 12:30 pm - 2:00 pm - RSVP required call (202) 891-7984
2/18/26	Planting Garden Flowers with Angie - 12:00 pm - 1:00 pm
2/19/26	Diaper & Baby Item Giveaway in partnership with Wellpoint DC - 11:00 am - 2 pm
2/20/26	Highland Dwellings Resident Council Meeting - 662 Atlantic Street SE - 2:00 pm
2/26/26	HUB CLOSED FOR PROFESSIONAL DEVELOPMENT
3/4/26	Healthy Lifestyles Presentation - 12:00 pm - 1:00 pm
3/11/26	Adult Clothing Giveaway - PLEASE BRING A BAG - 10:00 am - 1:00 pm
3/18/26	Go-Go Zumba Exercise Class - 11:00 am - 12:00 pm
3/20/26	Highland Dwellings Resident Council Meeting - 662 Atlantic Street SE - 2:00 pm
4/1/26	Stress Bingo - 12:00 pm - 1:00 pm
4/15/26	Earth Month Community Cleanup - 12:00 pm - 1:30 pm
4/22/26	Healthy Sleep Workshop - 12:00 pm - 1:00 pm
4/29/26	Stress Management/Coping Mechanisms Workshop - 12:00 pm - 1:00 pm
6/10/26	Adult Clothing Giveaway - PLEASE BRING A BAG - 10:00 am - 1:00 pm
6/17/26	Men's Health Month - Pre-Father's Day Luncheon & Workshop - 12:00 pm - 2:00 pm

6/24/26	Community Appreciation & Game Day - 11:00 am - 2:00 pm
9/16/26	Adult Clothing Giveaway - PLEASE BRING A BAG - 10:00 am - 1:00 pm

## Ongoing Resources

Resource	Info	Contact Info
<ul style="list-style-type: none"><li>Mental Health Services</li></ul>	In person or online individual or family sessions for DC residents. No insurance needed.	eameen@awidercircle.org  (301) 830-7007
<ul style="list-style-type: none"><li>Career Support Services</li></ul>	Career Support staff are at the Hub on Mondays and Wednesdays.	careersupport@awidercircle.org  (301) 608-3504