

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
9:30 AM - Walking Club 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 10:00 AM - 2:00 PM - C3 Cares - Blood pressure screening and sexual health education 11:00 AM - Highland Recovery Group 12:00 PM - Hand Dance Class	OFFICE CLOSED TO THE PUBLIC

Upcoming Events

Date	Upcoming Events
8/6/25	Self-defense class facilitated by Black Dragon Martial Arts - 12:00 pm - 1:00 pm
8/13/25	Self-defense class facilitated by Black Dragon Martial Arts - 12:00 pm - 1:00 pm
8/19/25	Documentary viewing & lunch - How Go-Go Influenced Hip Hop - 11:30 am - 1:00 pm
8/20/25	Self-defense class facilitated by Black Dragon Martial Arts - 12:00 pm - 1:00 pm
8/27/25	Clothing giveaway - PLEASE BRING A BAG - 10:00 am - 1:00 pm
9/23/25	Documentary viewing & lunch - Super Size Me - This documentary examines the influence of the fast-food industry and its impact on health - 11:30 am - 1:00 pm

Ongoing Resources

Resource	Info	Contact Info
<ul style="list-style-type: none"> Mental Health Services 	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"> Career Support Services 	Career Support staff are at the Hub on Mondays and Wednesdays.	careersupport@awidercircle.org (301) 608-3504