

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 |
|---|---|---|--|------------------------------------|
| <p>1:00 PM - Art Therapy</p> <p>2:00 PM - Tech Support Hour - through June 2025 (not available 5/5 and 6/9)</p> | <p>11:30 AM - Talk it Out Tuesday-Group Mental Health Session</p> | <p>10:30 AM - Job Cafe</p> <p>12:00 PM - Wellness Wednesday-Healthy Lifestyle Choices</p> | <p>10:00 AM - Coffee & Conversation</p> <p>10:00 AM - 2:00 PM - C3 Cares - Blood pressure screening and sexual health education</p> <p>11:00 AM - Highland Recovery Group</p> <p>12:00 PM - Hand Dance Class</p> | <p>OFFICE CLOSED TO THE PUBLIC</p> |

Upcoming Events

| Date | Upcoming Events |
|---------|---|
| 5/10/25 | Mother's Day Celebration - 4:00 pm - 7:00 pm - Highland Dwellings Community Center 662 Atlantic Street SE |
| 5/12/25 | Walking Club resumes - 9:30 am |
| 5/14/25 | Food Allergy Education & Resources presented by Food Allergy Research & Education (FARE) - 12:00 pm - 1:00 pm |
| 5/20/25 | Str8 Up Go-Go Documentary Viewing & Discussion - 11:30 am - 1:00 pm |
| 5/21/25 | Planting with Angie - 12:00 pm - 1:00 pm |
| 5/27/25 | Stress Management Bingo - 11:30 am - 1:00 pm |
| 5/31/25 | Clothing Giveaway - 10:00 am - 1:00 pm - PLEASE BRING A BAG |
| 6/11/25 | Father's Day Game Day & Lunch - 11:30 am - Men Only |
| 6/14/25 | Senior Prom ages 40+ - 3:00 pm - 7:00 pm - Highland Dwellings Community Center 662 Atlantic Street SE |

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 |