

# 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
9/10/25	Self-defense class facilitated by Black Dragon Martial Arts - 12:00 pm - 1:00 pm
9/15/25	Entrepreneurship Workshop - 9:00 am - 1:00 pm
9/19/25	Highland Dwellings Resident Council Meeting - 662 Atlantic Street SE - 2:00 pm
9/24/25	Remembrance planting - Join us at the community garden behind Highland Dwellings Community Center 662 Atlantic Street SE to plant flowers in honor of those we lost - 12:00 pm
9/29/25	Entrepreneurship Workshop - 9:00 am - 1:00 pm
9/30/25	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
10/17/25	Highland Dwellings Resident Council Meeting - 662 Atlantic Street SE - 2:00 pm
10/21/25	Documentary viewing & lunch - Crummell School: Heart and Soul of the Community - 11:30 am - 1:00 pm
10/23/25	Ward 8 Hub Closed
11/21/25	Highland Dwellings Resident Council Meeting - 662 Atlantic Street SE - 2:00 pm
12/19/25	Highland Dwellings Resident Council Meeting - 662 Atlantic Street SE - 2:00 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