We each face our own, ever-changing set of personal and work-related challenges and opportunities. Whether it’s an immediate need, like finding a good plumber or rearranging our schedule for a last-minute meeting—or a long-term concern like caring for an elderly parent or making an important career decision—the result is often more stress in our lives. These interactive seminars (12:00 – 1:30 p.m.) can inform, inspire, and support you in this process, with research-based strategies, tips, and information to help you be better prepared for whatever life presents next.

March 31  
**Changing How You Respond to Stress**  
Bara Litman, Psy.D., CEAP; Program Manager, MIT Work-Life Center

May 12  
**How to Fix Almost Anything in Your Home**  
Brad Gove, Independent Contractor
The challenges facing millennials living in the Boston area today can be daunting. How do you take your career to the next level? How do you get to do the work you really want to do? How will you pay back your college loans (or take out new loans) while paying bills and rent? How do you get the most out of life on a limited budget? How do you deal with those complicated relationships at work and in your personal life? In these engaging, interactive seminars, you’ll develop new strategies and skills to help you make the most of this exciting time of your life—and you’ll also meet new people and have a good time while you’re at it.

March 29
5:30 – 7:30 p.m.
Taking a Mindful Approach to Your Career
Jennifer Earls, M.Ed.; Assistant Director, Prehealth Advisor, MIT

April 26
5:30 – 7:30 p.m.
Plan Your Finances, Plan Your Life: Strengthen Your Relationship with Money
Beth Marshall, CPA, MBA; CEO and Owner, Financially Authentic

May 12
12:00 – 1:30 p.m.
How to Fix Almost Anything in Your Home
Brad Gove, Independent Contractor

Monthly
12:00 – 1:00 p.m.
Workshop Series: Navigating Your Life and Career
• LinkedIn Lab (March 23)
• The Basics of Spending and Saving: Money Management for Your Lifestyle (April 20)
• Negotiations in the Workplace (May 10)

Presented in collaboration with MIT Global Education & Career Development, MIT Office of the Vice President for Research, and MIT Millennials ERG.

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Mom seems much more forgetful, Dad’s having more trouble getting around, and your siblings don’t want to talk about it. In the face of family changes caused by aging, disease, or other life circumstances, the questions can be worrisome, and the answers hard to find. What kind of help might your parents or loved ones need now, or next year? Where do you find that help and how much will it cost? What is your role, and what are the roles of your family members? How can you maintain the pleasurable experience of being the loving child, while at the same time address your parent’s needs for safety and support? What kind of help do you need? These lunchtime seminars (12:00 – 1:30 p.m.) offer an opportunity to share your concerns, and gain the practical information you need to make the plans and provide the support that will work best for you and your loved ones.

April 6  Understanding the Legal Landscape of Aging
Harry S. Margolis, J.D.; Managing Partner, Margolis & Bloom, LLP

May 18  When a Parent Won’t Accept Help
Jody Gastfriend, LICSW; Vice President, Senior Care Services, Care.com

Monthly  Caregiver Support Group: Caring for a Family Member with Alzheimer’s/Dementia
Jennifer Gibbons, LICSW; Senior Care Advisor, Care.com
Lauren Fatovic, MSW; Senior Care Advisor, Care.com

Monthly  Caregiver Support Group: Caring for an Aging Family Member
Jennifer Gibbons, LICSW; Senior Care Advisor, Care.com
Lauren Fatovic, MSW; Senior Care Advisor, Care.com

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**PARENTING...**

**A little help figuring it out**

**The Early Years: So Young, So Small, So Complicated**

The early years of childhood offer their own special delights and challenges for both children and their parents. How do you encourage your child's growing independence and curiosity about the world? How can you share the caregiving, minimize the stress, and maximize the joy of parenting, as your child passes through these critical early stages of development? These seminars (12:00 – 1:30 p.m.) will help you answer these and many other questions about nurturing your young child's intellectual and emotional growth.

- **Mar 10** Quality Time: Using Play to Support Your Child's Learning and Development
  Kori Bardige, M.S. Ed.; Early Childhood Special Education Consultant

- **Apr 7** The Importance of Dad's Role in Helping Kids and the Family Flourish
  Kyle Pruett, M.D.; Clinical Professor, Child Study Center, Yale University

- **June 2** Early Intervention for Infants and Toddlers
  Webinar Bonnie Cohen, LCSW, Senior Director of Family and Clinical Services, University Settlement

**The School Years: It's Not Easy Being a Kid**

As parents, how do we help our school-age children develop the skills they need to engage successfully in new, complex, and demanding social and educational environments? How do we help them make sense of the larger world, become adept at cooperating and negotiating with others, and persist despite the inevitable challenges and setbacks along the way? These seminars (12:00 – 1:30 p.m.) explore these “big issues” while focusing on some very practical decisions you may be facing as a parent.

- **Mar 16** Sensory Integration and Sensory Processing Disorders: An Overview
  Webinar Valerie Paradiz, Ph.D.; Director of Valerie Paradiz, LLC

- **Apr 14** Latest Research and Trends in Supporting Children and Young Adults with Autism Spectrum Disorder
  Webinar Valerie Paradiz, Ph.D.; Director of Valerie Paradiz, LLC

- **Apr 28** Helping Your Child Succeed in School: Executive Functioning Skills and Multiple Intelligences
  Anne Daniels, Ed.D.; Licensed Psychologist, Clinical Neuropsychologist

**Monthly**

- Discussion Group for Parents of Infants
  Wendy Mackey-Kydd, M.Ed., BCCE, NMC, Lactation Consultant and Parent Educator, MIT

- Infant and Toddler Child Care Briefings
  Anna Robinson, M.A., WLCP, Senior Work-Life Representative, MIT Work-Life Center

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THE TEEN YEARS AND BEYOND...

Parenting teens and planning for college

Helping Your Teen Make the Right Choices
As our children grow older, we face an array of new parenting challenges. How do we help our teenagers deal with the increasingly complex issues of who they are and who they want to become, which values they want to own and cultivate, and how to assess and manage risk? What advice do we offer, and what limits do we set? When do we step in, and when do we step back? These seminars (12:00 – 1:30 p.m.) will help you develop the parenting style that best meets your teen’s needs.

March 16
Katie Greer, M.S.; CEO, KL Greer Consulting, LLC

April 14
Latest Research and Trends in Supporting Children and Young Adults with Autism Spectrum Disorder
Valerie Paradiz, Ph.D.; Director of Valerie Paradiz, LLC

Monthly
Parenting Teens Discussion Group
Judy Elkin, M.Ed., PCC; Professional and Personal Coach

Planning and Preparing for College
Getting into college—getting into the “right” college—can be a major source of family stress. As parents, how do we plan ahead for our children’s college future, and later help our children successfully make this major life transition? How do we deal with the financial implications? How much and what kind of support should we provide? What’s our role in the whole college decision-making process? These seminars (12:00 – 1:30 p.m.) will provide a wealth of information and practical suggestions.

March 15
Majors to Careers: Supporting Your Teen’s Career Development
Christine Kenyon, M.A.; Senior Manager, Educational Counseling, College Coach

March 21
Demystifying College Standardized Tests

May 4
U.S. College Admissions 101: Understanding the Application Process
Stu Schmill ’86; Dean of Admissions, MIT

May 23
SAT & ACT: Which is Right for My Child?

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