



WORK-LIFE...
Creating the life
we want to live

September 19 **Managing Stress at Home and at Work**
12:00 – 1:30 p.m. James E. Porter, MALS; President, StressStop.com

October 11 **Buying Your First Home: What You Need to Know**
12:00 – 1:30 p.m. Linda Jason, J.D., M.Ed.; Real Estate Lawyer and Educator

November 7 **Fixing Our Broken Sleep**
12:00 – 1:30 p.m. Rick Clerici, Certified Clinical Sleep Educator; Director, Clear Mind Systems

November 28 **Student Loan Repayment Strategies**
12:00 – 1:30 p.m. Jeanne Mahan, M.S.; Senior Manager, College Finance, College Coach

December 6 **Estate Planning Basics**
12:00 – 1:30 p.m. Patricia C. D'Agostino, J.D.; Senior Associate, Margolis & Bloom, LLP

December 19 **Emotional Composure: Remaining Unruffled Under Stress (Webinar)**
3:00 - 4:00 p.m. Mary-Ellen Rogers, B.S.W.; Principal, Excellere

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YOUNG PROFESSIONALS... Navigating your life & career

September 19
12:00 – 1:30 p.m. **Managing Stress at Home and at Work**
James E. Porter, MALS; President, StressStop.com

October 3
5:00 – 7:00 p.m. **Effective Communication in Your Hardest Conversations**
Stacy Lennon, M.A.; Founder and CEO, X Squared Consulting Inc.
Dinner will be available beginning at 5:00 p.m.

October 5
October 19
November 2
4:30 – 6:00 p.m. **Career Workshop Series—Build a Meaningful Career: Discover Yourself, Find Possibilities, and Create Your Action Plan**
Jennifer Earls, M.Ed.; Career Counselor and Founder, Dance With Life Consulting

October 11
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Rick Clerici, Certified Clinical Sleep Educator; Director, Clear Mind Systems

November 15
5:00 – 7:00 p.m. **Eating for High Energy**
Heidi Roth, RD, LDN, B.S.; Owner, Heidi Roth Nutrition
Dinner will be available beginning at 5:00 p.m.

November 28
12:00 – 1:30 p.m. **Student Loan Repayment Strategies**
Jeanne Mahan, M.S.; Senior Manager, College Finance, College Coach
Presented in collaboration with the Office of the Vice President for Research, Office of Graduate Education, Global Education & Career Development, and Millennials ERG

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September 28
12:00 – 1:30 p.m.

The Social and Emotional Aspects of Retirement

Richard Dufresne, M.S.W., LICSW; Founder and Principal Consultant, Alliance Consulting HRD

October 12
November 20
12:00 – 1:30 p.m.

Making Informed Retirement Planning Decisions: A Two-Part Series

- **Part One: When Can I Afford to Retire?**
- **Part Two: Will It All Add Up?**

Ken Davies, E.A., CEBS, B.S.; Retirement Programs Manager, MIT
Steven Dimitriou, AIF, PRP; Managing Partner, Mayflower Advisors

October 31
12:00 – 1:30 p.m.

Then What? Planning for a Fulfilling Life After Full-Time Work

Judy Elkin, M.Ed., PCC; Professional and Personal Coach

December 6
12:00 – 1:30 p.m.

Estate Planning Basics

Patricia C. D'Agostino, J.D.; Senior Associate, Margolis & Bloom, LLP

Presented in collaboration with the MIT Benefits Office

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CARING FOR AGING PARENTS...

What worries you the most?

November 21 **Elder Law Basics (Webinar)**
12:00 – 1:00 p.m.
Jay Kearns, J.D.; Special Needs Trust Lawyer

December 6 **Estate Planning Basics**
12:00 – 1:30 p.m.
Patricia C. D'Agostino, J.D.; Senior Associate, Margolis & Bloom, LLP

December 12 **A Proactive Approach to Caregiving: Guidance on Planning Ahead**
12:00 – 1:30 p.m.
Jody Gastfriend, LICSW; Vice President, Senior Care Services, Care.com

Monthly **Caregiver Support Groups:**
12:30 – 1:30 p.m.


- Caring for an Aging Family Member
- Caring for a Family Member with Alzheimer's Disease or Dementia

Elizabeth Guttenberg, M.S.W., LMSW; Senior Care Advisor, Care.com

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PARENTING...
Infants through
school-age children

September 26
12:00 – 1:30 p.m.

Screenagers: A Film and Discussion About Growing Up in the Digital Age

Delaney Ruston, M.D.; Documentary Filmmaker and Primary Care Physician

Screenagers presented in collaboration with the Working Group on Support Staff Issues and MIT Medical

November 16
12:00 – 1:30 p.m.

Raising Children Who Care About Others and Their Communities

Luba Falk Feigenberg, Ed.D., Psychologist, Educator, Researcher and Consultant

December 5
12:00 – 1:30 p.m.

Raising Bilingual Children

Suzanne Flynn, Ph.D.; Professor of Linguistics and Language Acquisition, MIT

Monthly
12:00 – 1:30 p.m.

Choosing Quality Child Care

Kathy Kasabula, B.A.; Child Care Operations Administrator, MIT Work-Life Center

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THE TEEN YEARS & BEYOND... Parenting teens & planning for college

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October 4
12:00 – 1:30 p.m.

Planning for College: Maximizing Your Child's Success

Christine Kenyon, M.A.; Senior Manager, Educational Counseling, College Coach

October 24
12:00 – 1:30 p.m.

Paying for College

Shannon Vasconcelos, M.A.; Senior Manager, College Finance, College Coach

November 28
12:00 – 1:30 p.m.

Student Loan Repayment Strategies

Jeanne Mahan, M.S.; Senior Manager, College Finance, College Coach

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FINANCIAL WELL-BEING... Your lifelong investment

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