



March 14
12:00 – 1:30 p.m.

Practice Mindfulness to Improve Well-Being and Resiliency

Paul R. Fulton, Ed.D., M.S.; Harvard Pilgrim Health Care, Mindfulness-Based Learning and Founding Member, Institute for Meditation and Psychotherapy

April 13
12:00 – 1:30 p.m.

Home Maintenance 101: A Discussion with MIT Facilities and Landscaping Supervisors

Mike Giambone; Supervisor, MIT Carpentry Shop / Dave Hingston; Supervisor, MIT Plumbing Shop
John Ledbury; Supervisor, MIT Electrical Shop / Norman Magnuson; Manager, MIT Grounds Services
Ron Nestor; Supervisor, MIT Grounds Services / Joe Vella; Senior Supervisor, MIT Carpentry, Lock, and Paint Shops

April 27
12:00 – 1:30 p.m.

Traveling Safely Internationally for Work and Pleasure

Todd Holmes, B.A.; Program Manager, MIT International Safety and Security
Sandra Mitchell, M.B.A.; Director, MIT Office of Insurance

May 16
12:00 – 1:00 p.m.

The Science of Happiness: Bring More Happiness to Your Personal and Professional Life

Delvina Miremadi-Baldino, Ph.D.; Founder and Chief Resilience Officer, Realize Your Resilience

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March 15
3:00 – 4:00 p.m.

Keeping Your Child Safe – Bullying and Cyberbullying Basics

Connie Mahoney, M.A.; Educational Administrator, The Center for School Crisis Intervention & Assessment

March 22
3:00 – 4:00 p.m.

Education Survival Kit: What Parents Need to Know

Carolyn Romano, J.D.; Special Education Practice Leader, torchlight

April 11
12:00 – 1:30 p.m.

Saving for College: Getting an Early Start

Alex Bickford, M.A.; Senior Manager of College Finance, College Coach

April 12
12:00 – 1:00 p.m.

Girls with Autism – Overlooked and Shortchanged

Valerie Paradiz, Ph.D.; Director, Valerie Paradiz, LLC

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

March 7
12:30 – 1:30 p.m.

After the Financial Aid Award: Understanding Your Offer and Asking for More

Alex Bickford, M.A.; Senior Manager of College Finance, College Coach

March 22
12:00 – 1:30 p.m.

College Selection: Helping Your Child Choose Wisely

Zaragoza Guerra, M.A.; Senior Manager of Educational Counseling, College Coach

April 11
12:00 – 1:30 p.m.

Saving for College: Getting an Early Start

Alex Bickford, M.A.; Senior Manager of College Finance, College Coach

May 3
12:00 – 1:30 p.m.

Understanding and Supporting Your Teen's Emotional Well-Being

Ruth Economou, M.S.W., LICSW; Clinical Social Worker
Anu (Anuradha) Vyavaharkar, M.S.W., LICSW, M.P.H.; Clinical Social Worker

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March 17
12:00 – 1:00 p.m.

How to Optimize Your Professional Online Presence

Stephanie Leishman, B.A.; Founder, Apiarity

April 4
5:00 – 7:00 p.m. *

Making It All Add Up – Part II: The Big Financial Decisions

Steven Dimitriou, B.A., AIF, PRP; Co-Founder and Managing Partner, Mayflower Advisors
Lawrence Glazer, AAMS; Co-Founder and Managing Partner, Mayflower Advisors

April 19
12:00 – 1:00 p.m.

Think Big: Identify Goals and Set Priorities for Success

Anna Robinson, M.A., WLCPC®; Work-Life Projects Administrator, MIT Work-Life Center

April 25
5:00 – 7:00 p.m. *

Developing Your Emotional Intelligence: Improving Personal and Professional Relationships

Wendy Wollner, M.S., M.B.A.; Founder and CEO, Balancing Life's Issues

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

** Dinner will be available beginning at 5:00 p.m.*

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CARING FOR AGING PARENTS... What worries you the most?

March 21
12:00 – 1:30 p.m.

Caring for a Loved One Who Is in Decline: Understanding Grief and Loss

Jody Gastfriend, M.S.W., LICSW; Vice President, Senior Care Services, Care.com

April 18
3:00 – 4:00 p.m.

Coping with Grief and Loss

Barbara Melton, M.Ed.; Licensed Professional Counselor

May 9
12:00 – 1:30 p.m.

Sharing the Caregiving: Managing Sibling Disagreements

Jody Gastfriend, M.S.W., LICSW; Vice President, Senior Care Services, Care.com

Monthly
12:30 – 1:30 p.m.

Caregiver Support Groups:

- **Caring for a Family Member with Alzheimer's/Dementia**
- **Caring for an Aging Family Member**

Jennifer Gibbons, M.S.W., LICSW; Senior Care Advisor, Care.com

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

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April 6
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

June 1
June 22
12:00 – 1:30 p.m.

Retirement Sense: Making Informed Retirement Planning Decisions

- **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, B.A., AIF, PRP; Co-Founder and Managing Partner, Mayflower Advisors
Lawrence Glazer, AAMS; Co-Founder and Managing Partner, Mayflower Advisors
Maureen Ratigan, M.B.A.; Director of Benefits, MIT

Presented in collaboration with the MIT Benefits Office

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