**2020-2021 SCHEDULE**

**NOVEMBER 10:**
*Birth to 5*: The most critical period in a child's development is from birth to 5 years old. Come learn about the early stages of your child's development and get answers to questions you may have!

**JANUARY 12:**
*Queen B Organizing*: Kick-off the new year by getting your home in order! The Queen B will join us to talking through cleaning/organizing strategies and how to get your whole family involved.

**FEBRUARY 9:**
*How to Recognize Suicidal Thoughts in Your Teen*: Did you know four out of five teens who attempt suicide have given clear warning signs? Join us as OSU's Counseling & Psychological Services walks us through how to recognize signs of suicidal thoughts in your child.

**APRIL 13:**
*Kid Friendly Healthy Meals on the Fly*: Sometimes planning what's for dinner and finding the time to make it, just isn't in the cards. Join us to learn about healthy meals you can make for your family in a crockpot and other meals you can make in under 30 minutes!

**MAY 11:**
*Understanding Parenting Styles*: Join us to learn about the various parenting styles and how each of them may influence your child and their development.

**JUNE 8:**
*Strategies to Getting Your Family Active*: With the weather changing, what better time than to get your family active, especially outside! Join us to learn about different ways for parents to get active and how you can make it a family affair.

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**BEAVER FAMILY CONNECTIONS**

Join in on interesting topics and discussions related to your child's development and your family health and well being. Topics will span your child's life from infancy through high school and are presented by local experts in the field!

Second Tuesday of the month from 12-1pm via Zoom.

familyresources.oregonstate.edu/bfc

Accommodations for disabilities may be made by contacting 541-737-4906 or familyresources@oregonstate.edu.