

## 2021-2022 SCHEDULE

### SEPTEMBER 28:

Early Intervention Strategies for Young Children with Catie Dalton EL/ECSE Specialist from Linn Benton Lincoln ESD

### OCTOBER 12:

Easy-to-Make Healthy Meals for Families with Julie Jacobs, Education Program Assistant from OSU School of Social and Behavioral Health Sciences

### NOVEMBER 9:

Preparing Your Family for Emergencies with Brandon Christensen, Emergency Planner from OSU Emergency Management

### DECEMBER 14:

Caring for Your Child's Mental Health with OSU's Counseling and Psychological Services (CAPS)

### JANUARY 11:

How to Recognize Suicidal Thoughts in Your Teen with Tess Webster-Henry, Mental Health Promotion Coordinator & Suicide Prevention Coordinator for CAPS

### FEBRUARY 8:

Talking with Your Children about Racism: A Conversation with Jane Waite with Jane Waite, OSU Social Justice Education Initiative.

### MARCH 8:

Fun and Games: The Importance of Physical Activities and Fitness for Children with Dee M Gillen, MS, Faculty Staff Fitness & Instructor of Kinesiology and Physical Activity Courses & Will V. Massey, Ph.D., Kinesiology, Hallie E. Ford Center for Healthy Children & Families, School of Biological and Population Health Sciences

### APRIL 12:

Strategies for Children's Mental Health with CAPS

### MAY 10:

Strategies for Children and Teens' Well-Being with CAPS



# 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

[familyresources.oregonstate.edu/bfc](http://familyresources.oregonstate.edu/bfc)

Accommodations for disabilities may be made by contacting 541-737-4906 or [familyresources@oregonstate.edu](mailto:familyresources@oregonstate.edu).



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