BABy @ OSU
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Back After Baby

A Workshop for parents returning from leave

Join us for a 3 series workshop designed for employees and students who have taken a leave of absence for the arrival of a child. At the workshop attendees will have the opportunity to learn more about sources of support for families at OSU, connect with other parents returning to work and/or school, and hear information about transitioning into parenthood and back to work. We encourage participants to register for all 3 sessions to develop a cohort and better connect with other participants. To see when the next workshop is contact the Family Resource Center at 541-737-4906 or familyresources@oregonstate.edu.

Part 1: Introduction to Work Life & FRC followed by a presentation on the development of your child in the first two years of their life.
Part 2: Learn how to get back into/start a fitness routine (with or without baby) to improve your physical & mental health.
Part 3: Mindful Experiences of Holding and Being Held