

# October 2017 National Work & Family Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Mandala Mondays</b> 1pm-3pm Craft Center (Takes place every Monday of the month)	3 <b>ElderCare Connections</b> Kick-off Meeting 12pm-1pm MU 212	4 <b>Watercolor Wellness Wednesdays</b> 1pm-3pm Craft Center (Takes place every Wednesday of the month)	5 <b>Employee Benefits Fair**</b> 10am-1pm MU Horizon Room <b>Parental Leave &amp; Pregnancy Disability Webinar</b> 8am-9am MU 208	6	7
8	9	10 <b>New Employee Orientation</b> 8:30am-12pm MU 213  <b>World Mental Health Day</b> 10am-2pm MU Quad	11 <b>BABy@OSU</b> 9am-1pm Avery Lodge  Pre-Register at <a href="http://oregonstate.edu/training">oregonstate.edu/training</a>	12 <b>Homecoming Carnival</b> 12pm-5pm MUQuad	13 <b>Beaver Family Connections:</b> How to Recognize Suicidal Thoughts in your Tween/Teen 12pm-1pm MU	14
15	16	17 <b>Beaver Family Connections:</b> Balancing Your Family's Schedule 12pm-1pm MU 207	18	19 <b>Flu Shot Clinic</b> 10am-3pm MU 104  <b>Improving Your Performance Through Time Awareness</b> 8:30am-11am MU 208 <a href="http://hr.oregonstate.edu/training/workshops">hr.oregonstate.edu/training/workshops</a>	20	21
22	23	24 <b>Work Balance &amp; Integration</b> 8:30am-10:30am MU 208  <a href="http://hr.oregonstate.edu/training/workshops">hr.oregonstate.edu/training/workshops</a>	25 <b>Flu Shot Clinic</b> 10am-3pm MU Journey Room (104) (free for students, faculty/staff pay fee)	26	27	28 <b>CCE's Make a Difference Day</b> various times & locations  <a href="http://visit.sli.oregonstate.edu/cce">visit.sli.oregonstate.edu/cce</a> for more info
29	30 <b>Haunted MU</b> 3pm-5pm MU 112  <a href="http://visit.sli.oregonstate.edu/osupc/events">visit.sli.oregonstate.edu/osupc/events</a>	31 <b>Family Resource Center Trick-or-Treat Tour</b> 3pm-5pm MU 112 (Family Lounge)  <b>Haunted MU</b> 3pm-5pm MU 112				

## Who can I talk with about Work-Life Questions?

### Academic Affairs Office of Work Life:

<http://academicaffairs.oregonstate.edu/office-work-life-go-herc>

### Counseling & Psychological Services:

[counseling.oregonstate.edu](http://counseling.oregonstate.edu)

### Human Resources | EAP:

[hr.oregonstate.edu/benefits](http://hr.oregonstate.edu/benefits)

### Human Resources | Work-Life Balance:

[hr.oregonstate.edu/lifebalance-osu](http://hr.oregonstate.edu/lifebalance-osu)

### Family Resource Center:

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

### Veterans Services:

[studentlife.oregonstate.edu/veterans](http://studentlife.oregonstate.edu/veterans)

## What is National Work & Family Month?

The month of October was established by Alliance for Work-Life Progress as National Work & Family Month (NWFM) in 2003. It is a month of dedication to ensure that the worlds of both work and family are in balance in each person's life.

OSU's NWFM is brought to you by the Family Resource Center, Academic Affairs Office of Work Life, and Human Resources



# Oregon State University