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 & Faculty Affairs Office of Work Life.

Tuesday, 10/1:
- Employee Benefits Fair: 10am-1pm | MU Horizon Room
- ElderCare Connections: Social Hour & Welcome 12pm-1pm | MU 222
- Pregnancy & Parental Leave: 11am-11:30am | MU 208 | Employees Only | Register at hr.oregonstate.edu/workshops-open-registration
- Short-term and Long-term Disability Insurance: 9:30am-10am | MU 208 | Employees Only | Register at hr.oregonstate.edu/workshops-open-registration
- Medicare Basics - A, B, C: 11pm-3pm | MU 208 | Employees Only | Register at hr.oregonstate.edu/workshops-open-registration
- Moda Health Plan Changes: 1:30pm-2:30pm | MU 208 | Employees Only | Register at hr.oregonstate.edu/workshops-open-registration
- Show Us Your Dam Family: Upload pictures of you and your family by visiting familyresources.oregonstate.edu/damfamily

Tuesday, 10/8:
- Beaver Family Connections: Kindergarten Readiness: 12pm-1pm | MU 207

Tuesday, 10/22:
- Kid Friendly Healthy Meals on the Fly: 4:30pm-5:30pm | Champinefu Lodge | Register at familyresources.oregonstate.edu/fall-events

Thursday, 10/24:
- Young Professionals Meet n’ Greet: 5:30pm-7:30pm | Block 15 Game Room | 21 and over only | Employees only

Thursday, 10/31:
- Family Resource Center Trick-or-Treat Tour: 3pm-5pm | Begins at MU Family Lounge (112)

Re-Occurring Events/Resources:
- Counseling & Psychological Services: counseling.oregonstate.edu
  - Mind Spa: Open to students & employees M-F 8am-4:30pm
- Craft Center: sli.oregonstate.edu/craft/events
  - Mandala Mondays: 1pm-3pm | Students only
  - Tinker Tuesdays: 1pm-3pm | Students only
  - Watercolor Wellness Wednesdays: 1pm-3pm | Students & Employees
  - Thoughtful Thursdays: OSU ROCKS!: 1pm-3pm | Students & Employees
  - Folding Fridays: 1pm-3pm | Students only