



National Work & Family Month

October 2022

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 & Human Resources.

Monday, 10/3:

Pedal and Scoot Poker Ride: 4pm | Begins in front of McNary Dining Center | [More Information](#)

Wednesday, 10/5:

Benefits Fair: 10am-2pm | MU Horizon Room | [More Information](#)

Friday, 10/7:

Celebrating Campus Children's Center Week- Dixon Kits Open House: 3pm-5pm | Dixon Kits ECE Center (Dixon, suite 121) | [More Information](#)

Monday, 10/10:

World Mental Health Week- The Wisdom of Trauma moving screening : 6pm | MU Horizon Room (49) | [More Information](#)

Tuesday, 10/11:

Care.com's, The Kids Are NOT Alright: But Are They Getting Better?: 9:00am-10:00am | [Click here to register](#)

Navigate Life's Big Decisions: 11am-12pm | [Click here to register](#)

Thursday, 10/13:

ElderCare Connections-Communication Strategies for Older Adults and their Family Members: 12pm-1pm | [Click here to join](#) | [More Information](#)

World Mental Health Week-Speed Friending: 6pm-9pm | MU Ballroom | [More Information](#)

Monday, 10/17:

Flu Clinic : 1pm-5pm | MU Ballroom | [Click here to register by Oct 9](#)

Wednesday, 10/19:

Beaver Dads: 12:00pm-1:30pm | MU MLK Room (lunch included) or [Click here to join](#)

Protected Leave for Child Bonding: 11:00am | [Click here to register](#)

Kids and the Internet-Becoming a Cyber Savvy Parent: 12:00pm-1:00pm | [Click here to register](#)

Thursday, 10/20:

International Moms Group- International Cultural Presentation: Diwali: 9:30am-11:30am | [Click here to register](#)

Thursday, 10/27:

Being Part of a Multigenerational Team: 1:00pm-2:00pm | [Click here to register](#)

International Moms Group- American Cultural Presentation: Halloween: 9:30am-11:30am | [Click here to register](#)

Monday, 10/31:

Trick-or-Treat Tour: 3:00pm-5:00pm | Begins at the MU Family Lounge | [More Information](#)

Friend Raisers: Employee Child Care Assistance-

Faculty and staff without quality and reliable care cannot provide the level of teaching and service that students need and deserve in order to be successful at Oregon State University. Impacts to any parenting OSU employee will be felt by the hundreds of students supported by them. To continue OSU's long standing commitment to engaging in exceptional teaching, research, discovery and innovation our faculty and staff need your help in affording quality child and youth care. [Consider donating to the Friend Raisers Endowment today!](#)

Questions may be directed to Robynn.Pease@oregonstate.edu



FRC Weekly Offerings

Tuesday's

Employee Parent Connections:

1pm-2pm

[Click here to join](#)

Thursday's

Student Parent Connections

12pm-1pm

Contact Kristi.King@oregonstate.edu for location



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