



October 2023

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.

October 1-31:

Open Enrollment | [More Information](#)

Tuesday, 10/10:

Care.com's, Raising Children with Disabilities: Parenting a Child with ADD/ADHD: 10:00am | [Click here to register](#)

World Mental Health Week: 100 Reasons | Valley Library Lawn | [More Information](#)

Thursday, 10/17:

Flu Clinic : 8:00am-2:30pm | MU Ballroom | [Click here to register](#)

Wednesday, 10/18:

Care.com's, Caring for Aging Loved Ones: The Sandwich Generation: 10:00am | [Click here to register](#)

Beaver Dads: 12:00pm-1:30pm | MU 212 (lunch included) | [More Information](#)

Friday, 10/20:

FYI Friday: Get There in a Carpool or Vanpool: 12:00pm-1:00pm | [Click here to register](#)

Tuesday, 10/24:

Beaver Family Connections: 12:00pm-1:00pm | MU 207 (lunch included) | [More Information](#)

Wednesday, 10/25:

Care.com's, Confident Parenting: Resiliency for Working Parents: 10:00am | [Click here to register](#)

Friday, 10/27:

FYI Friday: Cybersecurity & You!: 12:00pm-1:00pm | [Click here to register](#)

Tuesday, 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 Amy.Luhn@oregonstate.edu



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