



Work/Life Program Calendar

Summer/Fall 2018

PROGRAM	DATE	TIME	LOCATION	REGISTRATION	
Mindfulness at Work	Introduction to Mindfulness	Wed, Jun 6, 2018	10:00-11:00 am	Cambridge 114 Mt. Auburn St., 406	Register online
		Tues, Aug 21, 2018	10:00-11:00 am		Register online
		Thur, Nov 15, 2018	10:00-11:00 am		Register online
	Mindfulness and Communication	Tues, Sep 18, 2018	10:30-12:00 pm	Cambridge 114 Mt. Auburn St., 406	Register online
		Tues, Nov 6, 2018	10:30-12:00 pm		Register online
	Mindfulness and Anxiety	Thur, Sep 27, 2018	10:00-11:30 am	Cambridge 114 Mt. Auburn St., 406	Register online
		Tues, Nov 27, 2018	10:30-12:00 pm		Register online
	Mindfulness and Compassion	Tues, Oct 2, 2018	11:00-12:30 pm	Cambridge 114 Mt. Auburn St., 406	Register online
	Managing Daily Stress	Wed, Oct 3, 2018	9:00-10:30 am	Cambridge 124 Mt. Auburn St., 3314	Register online
		Thur, Nov 29, 2018	12:30-2:00 pm	114 Mt. Auburn St., 406	Register online
		Tues, Dec 4, 2018	12:00-1:30 pm	114 Mt. Auburn St., 406	Register online
	Exploring the Practice of Mindfulness (6 week course)	Weekly begins: Wed, Oct 10, 2018 Ends: Wed, Nov 14, 2018	11:00-12:00 pm (First and last classes are 90 mins, starting at 10:30 am)	Cambridge 124 Mt. Auburn St., 3314	Register online
	10% Happier (3 Session Course)	Tues, Oct 9, 2018 Tues, Oct 16, 2018 Tues, Oct 30, 2018	10:00-11:00 am	Cambridge 114 Mt. Auburn St., 406	Register online
	Working Mind (8 week course for leaders)	Weekly begins: Wed, Sept 19, 2018 Ends: Wed, Nov 14, 2018	10:30-12:00 pm (First and last classes add an extra hour starting at 9:30 am)	Cambridge 114 Mt. Auburn St., 406	Register online
	Caring for Yourself and Others	Fixing Our Broken Sleep	Wed, Jun 20, 2018	1:00-2:00 pm	Webinar
Parenting in the Digital Age		Wed, July 18, 2018	12:00-1:00 pm	Webinar	Register online
Caught in the Middle: How to Cope as a Sandwich Generation		Tues, Aug 7, 2018	1:00-2:00 pm	Webinar	Register online
Boost Your Resilience to Stress		Thur, Nov 15, 2018	1:00-2:00 pm	Webinar	Register online
Managing Stress in the Workplace		Tues, Nov 6, 2018	1:00-2:00 pm	Webinar	Register online

	PROGRAM	DATE	TIME	LOCATION	REGISTRATION
Flexible Work	Flexible Work Preview – All	Tues, Jun 12, 2018	12:30-1:30 pm	Cambridge 114 Mt. Auburn St., 406	Register online
		Wed, Aug 22, 2018	12:00-1:00 pm		Register online
		Wed, Oct 24, 2018	12:30-1:30 pm		Register online
	Flexible Work Preview – Managers	Tues, June 19, 2018	12:30-1:30 pm	Cambridge 114 Mt. Auburn St., 752 114 Mt. Auburn St., 406 114 Mt. Auburn St., 406	Register online
Thur, Aug 23, 2018		12:00-1:00 pm	Register online		
Thur, Oct 25, 2018		12:00-1:00 pm	Register online		
Flexible Work Proposal Development	Wed, Sept 26, 2018	12:00-1:00 pm	Cambridge 114 Mt. Auburn St., 406	Register online	
	Wed, Nov 14, 2018	12:30-1:30 pm		Register online	
Flexible Work Proposal Evaluation	Thur, Sept 27, 2018	12:00-1:00 pm	Cambridge 114 Mt. Auburn St., 406	Register online	
	Thur, Nov 15, 2018	12:00-1:00 pm		Register online	
College Planning	College Planning Roadmap	Wed, Jun 6, 2018	12:00-12:45 pm	Cambridge 114 Mt. Auburn St., 406	Register online
	Applying for Financial Aid	Wed, Jun 13, 2018	12:00-12:45 pm		Register online
	Beyond the FAFSA	Wed, Jun 13, 2018	1:00-1:45 pm		Register online
	Paying the Tuition Bill	Wed, Jun 20, 2018	12:00-12:45 pm		Register online

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