

Work/Life Program Calendar



2018

	PROGRAM	DATE	TIME	LOCATION	REGISTRATION
Mindfulness at Work	Introduction to Mindfulness	Tues, April 3, 2018	10:00-11:00 am	Cambridge 114 Mt. Auburn St., 406	Register online
		Wed, June 6, 2018	10:00-11:00 am		Register online
	Mindfulness and Communication	Mon, Feb 12, 2018	10:30-12:00 pm	Cambridge 114 Mt. Auburn St., 406	Register online
		Wed, Apr 25, 2018	10:30-12:00 pm		Register online
	Mindfulness and Anxiety	Tues, Feb 27, 2018	10:00-11:30 am	Cambridge 114 Mt. Auburn St., 406	Register online
		Tues, May 1, 2018	10:30-12:00 pm		Register online
	Mindfulness and Compassion	Thurs, Mar 1, 2018	11:00-12:30 pm	Cambridge 114 Mt. Auburn St., 406	Register online
		Wed, May 9, 2018	1:00- 2:30 pm		Register online
	Mindfulness and Stress	Mon, Feb 5, 2108	10:30-12:00 pm	Cambridge 114 Mt. Auburn St., 406	Register online
		Tues, Apr 10, 2018	9:00-10:30 am		Register online
Exploring the Practice of Mindfulness (Six Week Course)	Weekly begins: Tues, May 15, 2018 Ends: Tues, June 6, 2018	11:00-12:00pm (First and last classes are 90 mins, starting at 10:30 am)	Cambridge 114 Mt. Auburn St., 406	Register online	
10% Happier (3 Session Course)	Wed, May 9, 2018 Wed, May 16, 2018 Wed, May 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 Feb 28, 2018 Ends: Thurs, Apr26, 2018	10:30-12:00pm (First and last classes add an extra hour starting at 9:30 am)	Cambridge 114 Mt. Auburn St., 406	Register online	
Eldercare	Plan Ahead: Strategies for Caregivers	Fri, Feb 2, 2018	1:00 – 2:00 pm	Webinar	Register online
	Aging Well	Tues, May 8, 2018	1:00 – 2:00 pm	Webinar	Register online
	Caught in the Middle: Sandwich Gen	Tues, Aug 7, 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
	Caught in the Middle: How to Cope as a Member of the Sandwich Generation	Thurs, Mar 8, 2018	12:00 – 1:00 pm	Cambridge 114 Mt. Auburn St., 406	Register online

	PROGRAM	DATE	TIME	LOCATION	REGISTRATION	
Flexible Work	Flexible Work Preview – All	Thurs, Feb 8, 2018	12:00 – 1:00 pm	Cambridge 114 Mt. Auburn St., 406	Register online	
		Wed, Apr 4, 2018	12:00 – 1:00 pm		Register online	
		Tues, Jun 12, 2018	12:30 – 1:30 pm		Register online	
	Flexible Work Preview – Managers	Thurs, Feb 12, 2018	12:30 – 1:30 pm	Cambridge 114 Mt. Auburn St., 406	Register online	
		Wed, Apr 11, 2018	12:00 – 1:00 pm		Register online	
		Tues, June 19, 2018	12:30 – 1:30 pm		Register online	
	Flexible Work Proposal Development	Tues, Mar 6, 2018	12:00 – 1:00 pm	Cambridge 114 Mt. Auburn St., 406	Register online	
		Wed, May 9, 2018	11:30 -12:30 pm		Register online	
	Flexible Work Proposal Evaluation	Wed, Mar 21, 2018	12:00 – 1:00 pm	Cambridge 114 Mt. Auburn St., 406	Register online	
		Wed, May 16, 2018	12:00 – 1:00 pm		Register online	
	College	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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