



Family Matters Series

Supporting Personal & Caregiving Needs

TUESDAY SERIES

**OCT
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Parenting styles: Do they matter?

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Family digital and online well-being

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Self-compassion meditation

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Virtual Dementia Tour

THURSDAY SERIES

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Family preparedness in case of emergency

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Play & work: Incorporating job awareness into play for children with disabilities

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Emotional eating: Why it happens and how to curb it

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Using accommodations for success in the workplace

WEDNESDAY SERIES

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Senior living: Does one size fit all?

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Successful medication management

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Working Parents "Real Talk" chat

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Elder caregivers support group

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Work-Life Campus Walking

