FALL 2010 WORKSHOPS

Welcome Back Coffees

Join the Work/Life experts at our "Welcome Back Coffees" from Monday, September 13 - Friday, September 17 between 8:30 and 10:00 a.m. Drop by the 516 W. 112th St. office (between Broadway and Amsterdam) if you are interested in admissions to early childhood programs and K-12 schools, public and private; non-Columbia housing; or any other Work/Life program or service.

Adult & Elder Care

Introduction to Medicare, Medicaid, and Medigap
Monday, October 25 | 12:00-1:00 p.m.
Low Library, Trustees Room

Managing Life's Competing Demands
Monday, November 15 | 12:00-1:00 p.m.
Low Library, Trustees Room

Child Care

Columbia University Child Care Fair
Monday, October 4 | 4:00-6:00 p.m.
Roone Arledge Auditorium, Lerner Hall

Child Care Choices: Focus on Day Care & Nursery Schools
Tuesday, October 12 | 12:00-1:00 p.m.
516 W. 112th St. between Amsterdam and Broadway
Tuesday, October 19 | 12:00-1:00 p.m.
Hammer Health Sciences Building (CUMC), HSC 310

Parenting

Breastfeeding Matters
Monday, December 6 | 3:00-5:00 p.m.
Hammer Health Sciences Building (CUMC), HSC 305

Schooling

Preparing for the Kindergarten Process: Tools for Thinking it Through
Wednesday, September 22 | 12:00-1:00 p.m
516 W. 112th St. between Amsterdam and Broadway

Affording an Independent School Education: Tuition and Financial Aid
Thursday, October 7 | 5:30-7:00 p.m
516 W. 112th St. between Amsterdam and Broadway

Housing

The Process of Purchasing a Property
Thursday, October 14 | 5:30-7:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

How to Obtain a Mortgage … And Can I Afford It?
Wednesday, November 10 | 5:30-7:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

Parenting

Breastfeeding Matters
Monday, December 6 | 3:00-5:00 p.m.
Hammer Health Sciences Building (CUMC), HSC 305

Child Care Choices: Nanny Necessities
Wednesday, October 27 | 12:00-1:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

Stress Management

Managing Life's Competing Demands
Monday, November 15 | 12:00-1:00 p.m.
Low Library, Trustees Room

Preparing for the Kindergarten Process: Tools for Thinking it Through
Wednesday, September 22 | 12:00-1:00 p.m
516 W. 112th St. between Amsterdam and Broadway

Affording an Independent School Education: Tuition and Financial Aid
Thursday, October 7 | 5:30-7:00 p.m
516 W. 112th St. between Amsterdam and Broadway

After Elementary School: What Next?
Thursday, October 14 | 12:00-1:00 p.m
516 W. 112th St. between Amsterdam and Broadway

Events free of charge; walk-ins welcome, space permitting

To register, and for more information about these events and wellness programs offered this fall: http://worklife.columbia.edu