SPRING 2019

Workshops & Programs

AGING & ADULT/ELDER CARE
- Long-Distance Elder Caregiving
  Wednesday, February 13 | 12:00 - 1:00 p.m. | Morningside
- Caring for the Caregiver
  Thursday, February 14 | 12:00 - 1:00 p.m. | Morningside
- Understanding the Behavior of Persons Diagnosed with Dementia
  Thursday, May 2 | 12:00 - 1:00 p.m. | Morningside

EARLY EDUCATION, CHILD CARE & PARENTING
- Breastfeeding Basics: For Home and Work/School
  Thursday, February 7 | 3:00 - 5:00 p.m. | Morningside
- Group Early Education and Child Care Options for Children Ages 2-5
  Monday, February 11 | 12:00 - 1:00 p.m. | Morningside
- A Focus on Nanny Necessities
  Tuesday, February 19 | 12:00 - 1:00 p.m. | CUIMC
- Group Early Education and Child Care Options for Children Under 2 Years
  Thursday, March 14 | 12:00 - 1:00 p.m. | Manhattanville
- A Baby Shower for New and Expectant Parents: Babies Expected or Born in 2018-19 or 2019-20 Academic Year
  Thursday, May 14 | 4:30 - 6:00 p.m. | Morningside

HOUSING
- The Process of Purchasing a Property
  Thursday, March 7 | 5:30 - 7:00 p.m. | Morningside
- How Do I Obtain a Mortgage...And Can I Afford It?
  Thursday, March 28 | 5:30 - 7:00 p.m. | Morningside
- Small Spaces - How to Live in One!
  Wednesday, April 10 | 12:00 - 1:00 p.m. | Morningside
- Cut the Clutter and Get Organized
  Wednesday, April 17 | 12:00 - 1:00 p.m. | Morningside
- Walking Tour of Morningside Heights
  Monday, April 29 | 1:00 - 3:00 p.m. | Morningside

SCHOOLING
- Kindergarten Admissions 101
  Monday, April 8 | 12:00 - 1:00 p.m. | Morningside
  Tuesday, April 16 | 12:00 - 1:00 p.m. | CUIMC
- Public and Private High School Admissions Process
  Tuesday, April 9 | 5:30 - 7:00 p.m. | Morningside
- College Planning Information Session
  Tuesday, May 7 | 5:30 - 7:00 p.m. | Morningside
- Understanding College Financial Aid
  Thursday, May 9 | 12:00 - 1:00 p.m. | Morningside

WELLNESS
- Emotional Intelligence: Improving Your Professional & Personal Life
  Tuesday, February 12 | 12:00 - 1:00 p.m. | CUIMC
- Yoga@Work
  Mondays, February 25 - April 1 | 5:30 - 6:15 p.m. | Morningside
  Thursdays, February 28 - April 4 | 5:30 - 6:15 p.m. | Manhattanville (Fee)
- Baby Talk - Getting Started Planning Your Family: A Discussion with the Experts
  Tuesday, February 26 | 5:30 - 7:00 p.m. | CUIMC
- Strategies for Healthy Eating
  Thursday, March 7 | 12:00 - 1:00 p.m. | Morningside
  Monday, March 25 | 12:00 - 1:00 p.m. | CUIMC
- EAT 5 Sustainable Bites
  Tuesday, March 12 | 1:00 - 1:45 p.m. | Manhattanville
- Bicycling Commuting 101
  Wednesday, April 3 | 12:00 - 1:00 p.m. | Morningside
- Walking Tour of Morningside Heights
  Monday, April 15 | 12:00 - 1:00 p.m. | Morningside, Manhattanville
- Wednesdays & Thursdays | 1:00 - 2:00 p.m. | Morningside, CUIMC
- Tuesdays & Thursdays | 1:00 - 2:00 p.m. | Morningside, CUIMC

FINANCIAL WELL-BEING
- Identity Theft: Protecting Your Money from Cons, Frauds, and ID Theft
  Wednesday, March 13 | 12:00 - 1:00 p.m. | Morningside

To register and for information: worklife@columbia.edu
worklife@columbia.edu

Workshops are free of charge unless otherwise noted. Walk-ins are welcome.

All workshops, regardless of location, are open to Columbia affiliates. You do not need to be based on the campus where the workshop is held to participate.