



## 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

Wednesday, June 5 | 3:00 - 5:00 p.m. | Manhattanville

#### Group Early Education and Child Care Options for Children Ages 2-5

Monday, February 11 | 12:00 - 1:00 p.m. | Morningside

#### In-Home Child Care:

#### 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

Tuesday, 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

Wednesday, May 1 | 12:00 - 1:00 p.m. | Morningside

#### 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

Thursday, February 21 | 12:00 - 1:00 p.m. | Morningside

#### 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

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#### 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

#### Walk to Wellness

#### KICK OFF WALKS

Monday, April 15 | 1:00 - 2:00 p.m. | CUIMC

Tuesday, April 16 | 1:00 - 2:00 p.m. | Morningside, Manhattanville

#### WALKS

Mondays & Wednesdays | 1:00 - 2:00 p.m. | CUIMC

Tuesdays & Thursdays | 1:00 - 2:00 p.m. | Morningside, Manhattanville

### 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](http://worklife.columbia.edu)  
[worklife@columbia.edu](mailto: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.