

# Work/Life Program Calendar



Winter/Spring 2024

	Class Name/Registration Link	Day	Date	Time	Location	Instructor
Mindfulness	<a href="#"><u>Mindful Movement: Yoga for the Office - weekly</u></a>	Mon	1/8 - 5/20/2024	9:00 - 9:30 AM	Zoom	Mary Starr Green
	<a href="#"><u>Mindful Movement: Yoga for the Office - weekly</u></a>	Fri	1/12 - 5/24/2024	12:00 - 12:30 PM	Zoom	Mary Starr Green
	<a href="#"><u>Introduction to Mindfulness</u></a>	Tue	1/16/2024	12:00 - 12:45 PM	Zoom	Tara Healey
	<a href="#"><u>Introduction to Mindfulness</u></a>	Thu	2/8/2024	12:00 - 12:45 PM	Zoom	Tara Healey
	<a href="#"><u>Living Mindfully with Uncertainty</u></a>	Wed	1/24/2024	12:00 - 12:45 PM	Zoom	Paul Fulton
	<a href="#"><u>Managing Difficult Emotions at Work</u></a>	Thu	2/1/2024	12:00 - 12:45 PM	Zoom	Greg Topakian
	<a href="#"><u>Mindfully Resolving Conflicts in the Workplace</u></a>	Mon	2/26/2024	12:00 - 12:45 PM	Zoom	Rebecca Wing
	<a href="#"><u>Mindfulness and Anxiety</u></a>	Wed	2/28/2024	12:00 - 12:45 PM	Zoom	Paul Fulton
	<a href="#"><u>Mindful Communications: Listening with Awareness</u></a>	Mon	3/4/2024	12:00 - 12:45 PM	Zoom	Tara Healey & Mary Grimes Finley
	<a href="#"><u>Managing Daily Stresses</u></a>	Fri	3/22/2024	9:00 - 9:45 AM	Zoom	Christine O'Shaughnessy
	<a href="#"><u>Facing and Feeling Grief with Mindful Awareness</u></a>	Mon	4/1/2024	12:00 - 1:00 PM	Zoom	Rebecca Wing
	<a href="#"><u>Mindful Parenting</u></a>	Fri	4/12/2024	9:00 - 9:45 AM	Zoom	Christine O'Shaughnessy
	<a href="#"><u>Mindful of Physical Sensations, Working with Physical Pain</u></a>	Wed	4/24/2024	12:00 - 12:45 PM	Zoom	Greg Topakian
<a href="#"><u>Mindfully Caring for Elders</u></a>	Wed	5/8/2024	12:00 - 12:45 PM	Zoom	Tara Healey	
<a href="#"><u>Caring for Yourself, and Caring for Others</u></a>	Mon	5/20/2024	12:00 - 1:00 PM	Zoom	Kell Julliard	

You can find descriptions of the mindfulness sessions [here](#).

If you would like accessibility assistance, please email: [worklife@harvard.edu](mailto:worklife@harvard.edu)

Please note: These programs are available to benefits-eligible faculty and staff only. You must register using your Harvard email address to verify eligibility.

\*All mindfulness classes (excluding Mindful Movement) have a prerequisite of the "Introduction to Mindfulness" class, or you have completed "The Basics" course on the Ten Percent Happier app, or you have a well-established personal mindfulness practice.

	Class Name/Registration Link	Day	Date	Time	Location	Instructor	
Program Overviews	<a href="#"><u>The Office of Work/Life Programs &amp; Resources Overview</u></a>	Mon	1/22/2024	12:00 - 12:30 PM	Zoom	Karen Kelly	
	<a href="#"><u>The Office of Work/Life Programs &amp; Resources Overview</u></a>	Tue	2/13/2024	12:00 - 12:30 PM	Zoom	Karen Kelly	
	<a href="#"><u>The Office of Work/Life Programs &amp; Resources Overview</u></a>	Wed	3/27/2024	12:00 - 12:30 PM	Zoom	Karen Kelly	
	<a href="#"><u>The Office of Work/Life Programs &amp; Resources Overview</u></a>	Thu	4/25/2024	12:00 - 12:30 PM	Zoom	Karen Kelly	
	<a href="#"><u>The Office of Work/Life Programs &amp; Resources Overview</u></a>	Mon	5/13/2024	12:00 - 12:30 PM	Zoom	Karen Kelly	
	VENDOR RESOURCES OVERVIEWS:						
	<a href="#"><u>Harvard's Employee Assistance Program (KGA) Overview</u></a>	Wed	1/31/2024	12:00 - 12:30 PM	Zoom	Betsy Pratt	
	<a href="#"><u>KGA Services Overview for Employees</u></a>	Tue	2/27/2024	2:00 - 2:30 PM	Zoom	KGA	
	<a href="#"><u>KGA Services Overview for Employees</u></a>	Thu	6/13/2024	2:00 - 2:30 PM	Zoom	KGA	
	<a href="#"><u>Care.com Overview</u></a>	Thu	2/15/2024	12:00 - 12:30 PM	Zoom	Kate Davie Wood	
<a href="#"><u>Adult and Senior Care Benefit Review</u></a>	Thu	3/21/2024	12:00 - 1:00 PM	Zoom	KGA & Care.com		
<a href="#"><u>KGA Services Overview for Managers</u></a>	Thu	4/11/2024	2:00 - 2:45 PM	Zoom	KGA		

*Class descriptions are on the registration pages.*

**DON'T FORGET TO ADD THE WEBINAR AND LINK TO YOUR CALENDAR WHEN YOU REGISTER.  
CLICK ON "ADD TO CALENDAR" ON THE REGISTRATION CONFIRMATION EMAIL  
UNDER THE WEBINAR ID AND PASSCODE.**

	Class Name/Registration Link	Day	Date	Time	Location	Host
Learn to Live	<a href="#"><u>Habit Change: Building the Good, Breaking the Bad</u></a>	Fri	1/12/2024	12:00 - 12:30 PM	Zoom	Learn to Live
	<a href="#"><u>Mindful Eating</u></a>	Thu	1/18/2024	3:00 - 3:30 PM	Zoom	Learn to Live
	<a href="#"><u>Don't Let ANTS Ruin Your Lunch</u></a>	Tue	1/23/2024	1:00 - 1:15 PM	Zoom	Learn to Live
	<i>Access code: HUWellbeing</i>					
Class descriptions are on the registration pages.						
<a href="#"><u>Learn to Live Pre-recorded webinars</u></a>						

	Class Name/Registration Link	Day	Date	Time	Location	Host
Care.com - Care Talks	Aging and Adult Care: <a href="#"><u>Putting YOU in the Care Equation and How to Find Joy</u></a>	Wed	1/17/2024	1:00 - 2:00 PM	Zoom	Care.com
	Child Care and Parenting: <a href="#"><u>Today's Family: Challenges and Changes</u></a>	Wed	1/24/2024	1:00 - 2:00 PM	Zoom	Care.com
	Emotional Wellness: <a href="#"><u>Staying Strong and Resilient</u></a>	Thu	1/4/2024	1:00 - 2:00 PM	Zoom	Care.com
	Your Healthy Lifestyle: <a href="#"><u>Eat Your Way to a Healthy Year</u></a>	Thu	1/25/2024	1:00 - 2:00 PM	Zoom	Care.com
Class descriptions are on the registration pages.						

	Class Name/Registration Link	Day	Date	Time	Location	Host
Dependent & Self Care	<a href="#"><u>Mindful Beginnings with Meaningful Self-Care</u></a>	Wed	1/10/2024	12:00 - 1:00 PM	Zoom	Care.com
	<a href="#"><u>Workstation Workout</u></a>	Thu	1/18/2024	12:00 - 12:30 PM	Zoom	KGA
	<a href="#"><u>Chair Yoga</u></a>	Thu	1/25/2024	12:00 - 12:30 PM	Zoom	KGA
	<a href="#"><u>Leading with Inclusion</u></a>	Wed	2/14/2024	1:00 - 2:00 PM	Zoom	KGA
	<a href="#"><u>Disability Inclusion in the Workplace</u></a>	Wed	2/21/2024	12:00 - 1:00 PM	Zoom	KGA
	<a href="#"><u>Socialize Your Way to Health</u></a>	Tue	3/19/2024	1:00 - 2:00 PM	Zoom	KGA
	<a href="#"><u>The Sandwich Generation and Beyond:</u></a> <i>How to Be a Caregiver While Taking Care of Yourself</i>	Wed	4/17/2024	1:00 - 2:00 PM	Zoom	KGA
	<a href="#"><u>Unlocking the Power Within:</u></a> <i>Nurturing Your Mental Wellbeing</i>	Thu	5/9/2024	1:00 - 2:00 PM	Zoom	KGA
	<a href="#"><u>Imposter Syndrome:</u></a> <i>How to Understand, Acknowledge and Overcome It.</i>	Wed	5/29/2024	1:00 - 2:00 PM	Zoom	KGA
<a href="#"><u>Just Breath</u></a>	Wed	6/26/2024	12:00 - 1:00 PM	Zoom	KGA	
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12/14/2023