

Lunch and Learn Webinars



The below fall webinar schedule is available to the NIH Community. The goal of these webinars is to provide support, information and resources to all types of care givers. Webinars will be live from 1:00pm – 2:00pm. Stay tuned for additional detailed information.

- ❖ **Archived** October 14 | **Making Smart Decisions: Asset Protection and Estate Planning** |
- ❖ **Archived** October 28 | **Student Loans 101** |
- ❖ **Archived** November 12 | **Why Won't They Sleep!?! Resources for the Sleep Deprived Parent** |
- ❖ **November 2** | **Test Anxiety: Signs, Symptoms & Strategies for Coping** |
- ❖ **November 9** | **The Family Dynamic: Working as a Team to Support Aging Relatives** |
- ❖ **November 16** | **Identity Theft and Credit 101** |
- ❖ **December 7** | **Potty Training Basics** |
- ❖ **December 14** | **There's No Place Like Home: Resources to Support Independent Living** |

*Dates subject to change, please check website for updates

Archived & previous webinars/seminars covering a variety of caregiving & parenting issues/concerns ranging from birth to teenage years, and elder/adult dependent care issues, can be found on the Lunch and Learn Seminars webpage at <http://www.ors.od.nih.gov/lunchlearnseminar>.

Sponsored by the NIH Child Care Board & ORS/Division of Amenities and Transportation



NIH Child & Family Programs

<http://www.childfamilycare.ors.nih.gov>

Individuals with disabilities who need Sign Language Interpreters and/or reasonable accommodation to participate in these sessions should contact Tonya Lee (DATS) at 301-402-8180 or Federal Relay at 1-800-877-8339.