

MIT CENTER FOR WORK, FAMILY & PERSONAL LIFE

Spring 2009 Seminars

The following programs are free of charge and open to all members of the MIT community, including students, staff, faculty, and their partners and families. Advance registration is required. To register, or for more information, visit the Center's web site at: <http://hrweb.mit.edu/worklife/calendar.html>

Raising Children of Color in Boston

NEW

Tuesday, February 24, Noon – 1:30 pm

Deborah Prothrow-Stith, M.D., Consultant, Spencer Stuart;
Adjunct Professor of the Practice of Public Health,
Harvard School of Public Health

An internationally known and widely respected expert on youth, violence, and public health, the former Associate Dean of the Harvard School of Public Health will share her perspective on the special challenges for families raising children of color in the Boston area. The presenter is also the co-author of *Murder is No Accident: Understanding and Preventing Youth Violence in America*, and *Sugar and Spice and No Longer Nice: How We Can Stop Girls' Violence*. Appropriate for all those interested in gaining a better understanding of the strengths and challenges of Boston's youth and the issues confronting their families.

Caring for Elders at a Distance

Monday, March 2, Noon – 1:30 pm

Jody Gastfriend, Director, Adult Care Services, Parents in a Pinch

Given our increasingly mobile society, adult children are frequently separated from aging parents, complicating caregiver roles. Approximately 34 million Americans provide care to older family members, and 15% of these caregivers live one hour or more from their elder parent or family member. How can adult children effectively and proactively manage long-distance caregiving? What are the challenges faced by long-distance caregivers, and what resources are available? How can adult children ease the stress of long-distance caregiving and enlist family and community supports? This workshop offers an overview of issues and resources, as well as providing an opportunity for discussion.

Unsafe Relationships: How to Help a Friend or Loved One

NEW

Thursday, March 12, Noon – 1:30 pm

Divya Kumar, Violence Prevention and Response Co-Coordinator,
MIT Medical Department

When a friend or loved one is in an unsafe relationship, we often want to help but may not know what to do or say. This workshop outlines the dynamics of unsafe and abusive relationships, including the different forms abuse can take and the reasons

why people stay in unsafe relationships. The presenter addresses approaches to helping loved ones in unsafe relationships and reviews available resources both at MIT and in the surrounding community.

Note: This workshop addresses unsafe relationships among adults only. For information on unsafe relationships involving children, please contact the Center at 617-253-1592, worklife@mit.edu, or Room 16-151.

Coming Out: How Family and Friends Make a Difference for LGBT Youth

NEW

Thursday, March 19, Noon – 1:30 pm

Pam Garramone, Executive Director, Greater Boston PFLAG

One in three families has a gay or lesbian family member, and one in 10 people identifies as gay, lesbian, bisexual, or transgender. Sometimes awareness of sexual orientation happens as early as age 10, with thoughts and questions much earlier. This workshop outlines recent research on LGBT youth, high-risk behaviors, and family acceptance, while offering suggestions for supporting children, teens, and young adults by friends, teachers, family, and co-workers. Also participating is Abigail Francis, Assistant Director, LGBT@MIT, Student Activities.

Managing Your Career for Work/Life Balance

NEW

Wednesday, March 25, Noon – 1:30 pm

Brad Harrington, Executive Director, Boston College Center for Work & Family

Organizational careers are disappearing, and the era of the self-directed career is now here. Faced with the competing demands of work, family, and personal life, how can employees take control over their own careers to establish lives that really work? This workshop describes the new career model. It also discusses strategies to help individuals and couples articulate their life goals and become more proactive in making and negotiating career choices that fit with their professional and personal lives.

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Spring 2009 Seminars *continued***Meeting Your Financial Goals**

Wednesday, April 1, 12:30 pm – 2:00 pm

Sharon Rich, Fee-Only Financial Advisor, Private Practice

An independent, fee-only financial planner offers an overview of personal finances based on questions and concerns raised by participants. Topics may include setting financial goals, strategies for getting out of debt and saving, investment allocation, retirement planning, and more. Discussion is designed to provide participants with a better understanding of their financial goals as well as a variety of strategies and resources for reaching these goals.

Talking With Children About Money**NEW**

Tuesday, April 7, Noon – 1:30 pm

Deborah Weinstock-Savoy, Parenting Educator, Private Practice

Now, more than ever, we want children to learn how to handle money wisely and responsibly. As many families are cutting back on spending, how can we help our children deal with possible changes in our financial circumstances? We still must respond to the usual “gimmies” and the lure of commercial advertising, and also address the issue of others having more. This workshop offers a variety of strategies for teaching positive values and good habits around money. The presenter discusses ways to help children cope with changes, to teach consumer awareness, and to establish guidelines for “allowances.”

Volunteering: Helping the Community While Helping Yourself**NEW**

Thursday, April 16, Noon – 1:30 pm

Sally Susnowitz, Director, MIT Public Service Center

Volunteering comes in all sizes and shapes, from an hour here and there to a part-time job. It also comes with surprising benefits for the volunteer, including new skills as well as morale boosts. This workshop helps you figure out if volunteering is right for you, and, if so, where to begin. It describes the range of volunteering opportunities—from small to large, local to international, on campus and off—as well as guidelines for figuring out the best fit for your skills, interests, time constraints, and resources. Perhaps most importantly, it describes the ways in which volunteering, even through small acts and activities, can provide powerful tools for personal growth and professional development—helping yourself while helping the community.

Positive Parenting: Why Small Things Matter**NEW**

Tuesday, April 21, Noon – 1:30 pm

Mary Rowe, Ombudsperson, Special Assistant to the President, and Adjunct Professor, MIT; and Alyce Johnson, Manager of Organization Development, MIT

A concept called “micro-affirmations,” developed by MIT’s Ombudsperson Mary Rowe, is being widely acclaimed and applied in workplace settings, but it also has powerful implications for raising children. In this informal, experimental discussion, participants explore the reasons why small things are highly important for guiding children in matters such as handling intolerance and bullying. Relevant research findings are presented, and participants brainstorm practical strategies for parents and caregivers.

Caring for Ourselves While Caring for Aging Relatives

Thursday, April 30, Noon – 1:30 pm

Marsha Frankel, Director of Mental Health, Jewish Family and Children’s Service

This workshop explores the delicate balancing act needed to care for our aging family members while ensuring our own needs and other responsibilities are also met. The impact of past family relationships, the elder’s needs, sibling issues, and the demands on the caregiver from other sources, such as work and personal life, are explored.

Sibling Rivalry

Thursday, May 7, Noon – 1:30 pm

Deborah Weinstock-Savoy, Parenting Educator, Private Practice

Did you hope your children would be best friends, but instead find they are at each other’s throats? You are not alone. This workshop explores why siblings fight, and what children learn from the ups and downs of sibling relationships. We discuss when to let brothers and sisters “work it out” themselves, how to intervene when you do, and how to nurture positive relationships for the long term.

For more information, contact us at:

Center for Work, Family & Personal Life
Room 16-151
Telephone: 617-253-1592
Email: worklife@mit.edu
Monday through Friday, 9 am to 5 pm

We look forward to assisting you.

