Tools, tips, and tricks to get you through the most wonderful time of year.

NOVEMBER 3
NOVEMBER 10
NOVEMBER 17
DON'T GET SPOOKED: UNDERSTANDING LEAVE OF ABSENCE
Presented by the Disability and Leave Administration Unit (DLAU), learn about your rights and responsibilities regarding leave of absence, reasonable accommodation, and workers compensation. Uncover the ways DLAU assists and supports you when these challenging times arise and what you can do to set yourself up for success.

FEAST OF PLENTY: RECIPES FOR WELLBEING
Join Dr. Karla Hernandez from the Caltech Staff and Faculty Consultation Center for an overview of evidence-based strategies and practical tools that can be integrated into your day for improved self-regulation and boosting your wellbeing.

MORE INFO COMING SOON!

All attendees are invited to come celebrate with us at our JOLLY HOUR (Location TBD)
December 8 / 2pm-3pm
Hot Cocoa, Chai Lattes and Cookies!