SAS Work/Life Featured Classes and Workshops

All workshops are open to SAS employees, employee spouses and domestic partners, retirees and other immediate family members. If you are not a SAS employee, register for a seminar by sending an e-mail to the SAS Work/Life team with the following information:

1. Your affiliation to SAS: Retiree and retirement date, SAS employee family member, and employee ID number.
2. The seminar(s) you are interested in by title and date. If your seminar is available on-site only, the Work/Life team will confirm your registration via e-mail and send directions to the seminar location. If you are unable to attend on-site, request instructions for accessing an archived edition via the internet.

Upcoming events

Parenting

Parents of Transgender Children Support Group
- First Friday of each month
- 3:00 – 4:00 pm EDT
- Microsoft Teams

The Parents of Transgender Children Support Group was started by SAS employees and is not a Work/Life offering. The group now includes family member support (not always the parents) who would like an opportunity to know there are others on similar journeys. They listen to and share their families’ stories, and draw upon their experiences to help one another. Here are some topics they’ve addressed in previous monthly check-ins:
- Use of pronouns
- Surgery considerations
- The mindset of mental health
- Addressing family members’ concerns (and including extended family)

New Parent Discussion Group
- Wednesday, September 8th
- 11:00 am-12:00 pm EDT
- Microsoft Teams

The New Parent Support Group meets monthly and is a place where new parents can meet to discuss challenges and share experiences and resources.

Preschool Parenting Discussion Group
- Wednesday, September 15th
- 12:00 pm – 1:00 pm EDT
- Microsoft Teams

The Parenting Preschoolers class was so beneficial, that the parents decided to continue meeting on a monthly basis. If you missed the class you can still participate in this discussion group. Come with questions and ideas to share!

Braving Back to School: Tips for Parents and Students

- Thursday, September 2nd
  7:00-8:00 am EDT
  Microsoft Teams
- Thursday, September 16th
  12:00-1:00 pm EDT
  Microsoft Teams
Whether the school year has started for your student or not, we are all nervous about their return to the classroom. Your preschooler or young child might be having more tantrums, your teen or college/university student might be having trouble sleeping, and no matter what age your child is, you just want them to be healthy and happy. How can we help our children (at any age) manage their fears, social anxiety, separation issues and changes in routine when we are barely holding it together ourselves?

Join Lisa Allred, LCSW, to talk share ideas and strategies for you and your family as you all adjust to returning to school. Each of the three sessions offered will be different because Lisa will create the content based on your questions. Please feel free to join one or all! Submit your questions to Lisa at lisa.allred@sas.com at least 48 hours before your session.

**Transition to Adulthood: Special Needs Parenting**

- Tuesday, September 14th
  12:00-1:00 pm EDT
  Microsoft Teams

We will be joined by an agency that specializes in resources for special needs parenting, as they share information for parents of children with special needs. In this seminar, hosted by Work/Life and the ABLE Employee Inclusion Group, they will present information and answer your questions about supporting your child’s transition to adulthood.

**Retirement**

**Social Security 101**

- Thursday, September 9th
  12:00-1:00 pm EDT
  Microsoft Teams

Confused about Social Security? Do you have questions about those statements you get in the mail each year? What is full retirement age and how will it affect your benefits? Are there other programs are available to you and your family through Social Security? How does work affect your benefits now and upon retirement? What programs can help in the event of your death or disability? A representative from the Public Affairs division of the Social Security Administration will join us to answer questions and give an overview of Social Security benefits and various programs available. **Please note: This seminar will not be recorded and/or archived - as per Social Security policy.**

**College Planning**

**SAT, ACT, or both?**

- Wednesday, September 22nd
  12:00-1:00 pm EDT
  Microsoft Teams

(Login instructions will be sent out prior to the event)

This session is designed for both parents AND students. Join us and learn all about the SAT and ACT! Understand the strategies and skills needed for both tests and let our experts guide your family through the process and what defines a “good score” and how to choose which test may be best for you! We’ll highlight differences and similarities and also discuss a few key strategies. This event will also help you develop a timeline for admissions.