



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

Parents of Infants and Young Children Discussion Group

*Tuesday, February 6

12 p.m. - 1 p.m. Eastern Time (US)

6 p.m. - 7 p.m. Central European Time (EMEA)

Microsoft Teams

Join Lisa Allred from Work/Life to discuss your parenting challenges. Come to learn or come to share!

Planful Parenting Series

Do you ever feel like you are doing this parenting thing "by the seat of your pants"? Join Lisa Allred, LCSW, to take a step back and examine your parenting behaviors and values. During the school year she will be offering three different 3-week parenting classes: Preschool Parenting, Parenting Youth with ADHD, Tween/Teen Parenting. For more information, contact [Lisa Allred](#), 919-531-2251.

Tuesdays Microsoft Teams

Parenting Tweens/Teens

February 13, 20, 27

7 a.m. - 8 a.m. Eastern Time (US)

1 p.m. - 2 p.m. Central European Time (EMEA)

Noon - 1 p.m. Eastern Time (US)

6 p.m. - 7 p.m. Central European Time (EMEA)

[*REGISTER*](#)

Preschool Parenting

March 12, 19, 26

7 a.m. - 8 a.m. Eastern Time (US)

12 p.m. - 1 p.m. Central European Time (EMEA)

Noon - 1 p.m. Eastern Time (US)

5 p.m. - 6 p.m. Central European Time (EMEA)

[*REGISTER*](#)

Parenting Youth with ADHD

April 16, 23, 30

7 a.m. - 8 a.m. Eastern Time (US)

1 p.m. - 2 p.m. Central European Time (EMEA)

Noon - 1 p.m. Eastern Time (US)

6 p.m. - 7 p.m. Central European Time (EMEA)

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