



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)

Announcing... Parents of Infants and Young Children Discussion Group

- Wednesday, November 17th
- 12:00- 1:00 pm EDT
- Microsoft Teams

The New Parent Discussion Group and the Parenting Preschoolers Discussion Group are combining! Many of our attendees have infants and young children and if you only have an infant the other parents are an invaluable resource. Join us monthly for this fun and interactive group!

Relationships

Making the Most of (or Just Getting Through) Social Interactions

- Thursday, November 18
- 12:00-1:00pm EDT
- Microsoft Teams

There could be many reasons why social situations may be something you are wishing you could get out of rather than looking forward to. Even with people we enjoy being around, feelings of anxiousness or self-doubt can negatively skew our experiences of social interactions. You may be feeling “rusty” after more than a year of spending time mostly at home. Your time at home may have brought a greater awareness of the aspects of socializing that you find more difficult or uncomfortable. You could be looking forward to increased interactions and are wondering how to improve them and be more purposeful. Just in time for the holiday season, join Lisa Allred, LCSW, and Katie Pegoraro, LCSW, from Work/Life for a webinar that will provide tips, skills and things to

consider when making the most of (or sometimes just getting through) social interactions. *Please note, this webinar will not be recorded to ensure privacy of those attending. If you cannot attend, there is the option to register for "information only" to receive a separate recording of the presentation.

Financial

Creating a Budget You'll Actually Use

- **Tuesday, November 9**
12:00-1:00EST
Microsoft Teams

Planning out your spending, and living within a budget, is all about freedom. Fidelity representative Andrew Ruggiero will discuss how to create a budget you'll use, so you're prepared for the unexpected, and able to pursue what's important to you.