Dual Career Couples

If you are in a relationship with another person which includes pooling finances and responsibilities, this seminar will help you learn ways to successfully navigate the issues that can increase conflict in the relationship. Participants will increase their understanding of the importance of working as a team, increase their awareness of tension and the role of overload and gain insight into what it takes to maintain a satisfying relationship.

Evanston – October 17th, noon – 1:30
Norris Center, Armadillo Room
Chicago – October 10th, noon – 1:30
Lurie Center, Gray Room

Elder Care: Caring For the Caregiver

Eighty percent of care to aging and disabled adults is provided by unpaid family caregivers who serve as our nation’s system of long term care. The average caregiver spends 20 hours a week caring for a parent or loved one and typically juggles work, family, and a myriad of other responsibilities. Without the proper supports, a caregiver’s multiple and conflicting responsibilities can lead to increased stress and deteriorating health. This seminar will address how family caregivers can take care of themselves while caring for their loved ones and why caring for the caregiver is so essential. Participants will learn the warning signs of burnout, explore ways to find appropriate supports and how to access them, and discuss strategies to balance work and caregiving.

Evanston – October 25th, 12:30 – 1:30 p.m.
University Library, Forum Room (South Tower)
Chicago – October 24th Noon – 1:00 p.m.
Lurie Center, Gray Room

10 Things You Need To Know Now: Kids & Technology

Unlike today’s kids, who are growing up in cyberspace, parents are immigrants to the digital land. This talk will describe how the digital era is reinventing the way young people communicate and interact with the world – along with the effects on their emotional well-being, physical health and future job prospects. Dr. Roni Cohen-Sandler, noted author of several books, among them Stressed-Out Girls: Helping Them Thrive in the Age of Pressure, will help participants navigate this uncharted territory. Drawing from neuroscience, personal research and clinical experience, this talk enlightens and empowers mothers and fathers to guide their children to use technology as wisely and beneficially as possible.

October 30th
Evanston – Noon – 1:30 p.m.
Norris Center, Big Ten Room
Chicago – 3:00 – 4:30
Lurie Center, Baldwin Auditorium

ABCs of Child Care

Chicago: Tuesday, November 6th
The Women’s Center: 1400 Abbott Hall
Staff: 12:00 p.m. - 1:30 p.m.
Faculty: 3:00 p.m. – 4:30 p.m.

Evanston: Wednesday, November 7th
The Women’s Center: 2000 Sheridan Road
Staff: 12:00 p.m. - 1:30 p.m.
Faculty: 3:00 p.m. – 4:30 p.m.

To register for the above workshops, contact Phyllis Ellis at p-ellis@northwestern.edu or (847) 467-1460. Please include your location preference.

To register, call The Women’s Center at (847) 491-7360.

Coming Next Month…