

# **Bright Horizons Webinars 2023 Schedule**

Join us during one of our upcoming webinars to learn more about your **Bright Horizons**® benefits. Click the "Register Now" link to access the live event or access the webinar ondemand after the event date.

Please note: all dates, times, and topics are subject to change.

#### **Quality Care for Your Family**

When caregivers cancel, school goes on break, mom or dad need an extra hand, or you're in between care arrangements, do you have a plan for family care? Your *Bright Horizons Back-Up Care*™ benefit can help. Join any of the webinars below to learn about the support available to you each season.

- Tuesday, January 17, 12:00 p.m. ET | Access Recording
- Tuesday, February 21, 12:00 p.m. ET | Register Now
- Tuesday, March 21, 12:00 p.m. ET | Register Now
- Tuesday, May 16, 12:00 p.m. ET | Register Now
- Tuesday, June 20, 12:00 p.m. ET | Register Now
- Tuesday, July 18, 12:00 p.m. ET | Register Now
- Tuesday, August 15, 12:00 p.m. ET | Register Now
- Tuesday, October 17, 12:00 p.m. ET | Register Now
- Tuesday, November 21, 12:00 p.m. ET | Register Now
- Tuesday, December 19, 12:00 p.m. ET | Register Now

#### Affordable & Fun Camps for Kids

Are you looking for fun-filled options for your child when they're off for a school break or holiday? You have access to in-person camps and online activities through *Bright Horizons Back-Up Care*™. Join our webinar to learn more about Steve & Kate's Camp and other care options available through your benefit.

- Tuesday, March 14, 2:00 p.m. ET | Register Now
- Tuesday, June 13, 2:00 p.m. ET | Register Now
- Tuesday, August 8, 2:00 p.m. ET | Register Now
- Tuesday, November 14, 2:00 p.m. ET | Register Now

#### **Tutoring for All Ages**

Whether you're trying to figure out your kids' homework, helping them study for a test, supporting your college student with their classes, managing your own schoolwork, or all of the above, your tutoring benefit through *Bright Horizons Back-Up Care™* can make life easier. Join us to learn more about your available options and how to access affordable tutoring.

- Wednesday, February 15, 12:00 p.m. ET | Register Now
- Wednesday, March 15, 12:00 p.m. ET | Register Now
- Wednesday, May 17, 12:00 p.m. ET | Register Now
- Wednesday, June 21, 12:00 p.m. ET | Register Now

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- Wednesday, December 20, 12:00 p.m. ET | Register Now

#### A Marketplace for Discounted Family Supports

Through the **Bright Horizons**® Marketplace, you have access to resources and discounts for ongoing family needs. Join any of our webinars to learn more about your options for primary child care, family care and household support, elder care planning, tutoring and test prep, enrichments, camps, and more!

- Wednesday, January 11, 12:00 p.m. ET | Access Recording
- Wednesday, February 8, 12:00 p.m. ET | Register Now
- Wednesday, March 8, 12:00 p.m. ET | Register Now
- Wednesday, May 10, 12:00 p.m. ET | Register Now
- Wednesday, June 14, 12:00 p.m. ET | Register Now
- Wednesday, July 12, 12:00 p.m. ET | Register Now
- Wednesday, August 9, 12:00 p.m. ET | Register Now
- Wednesday, October 11, 12:00 p.m. ET | Register Now
- Wednesday, November 08, 12:00 p.m. ET | Register Now
- Wednesday, December 13, 12:00 p.m. ET | Register Now

#### **Benefit Guidance Through Family Concierge**

Stressed about finding the right family care and academic support? **Bright Horizons**® Family Concierge provides time-saving personalized guidance and a customized plan based on what's available to you through your Bright Horizons benefits. Get expert support and 1:1 assistance via phone, email, text, or video; proactive guidance and personal outreach; coaching; and reminders.

- Wednesday, January 11, 1:00 p.m. ET | Access Recording
- Wednesday, February 8, 1:00 p.m. ET | Register Now
- Wednesday, March 8, 1:00 p.m. ET | Register Now
- Wednesday, May 10, 1:00 p.m. ET | Register Now
- Wednesday, June 14, 1:00 p.m. ET | Register Now
- Wednesday, July 12, 1:00 p.m. ET | Register Now
- Wednesday, August 9, 1:00 p.m. ET | Register Now
- Wednesday, October 11, 1:00 p.m. ET | Register Now
- Wednesday, November 8, 1:00 p.m. ET | Register Now
- Wednesday, December 13, 1:00 p.m. ET | Register Now

Ready to get started? Visit your employer's benefit page today!

# **Access Your Benefits**

Visit https://clients.brighthorizons.com/MGB



# **2023 Family Webinars**

Navigating your child's early years, managing life as a working parent, caring for elder loved ones, and everything in between — our experts cover it all. Tune in monthly for Bright Horizons® webinars that offer actionable advice for today's families.



Register for all webinars HERE

# Language Development in the Early Years

Wednesday, January 25, 2023 12:00 p.m. ET

From babbles, to words, to full sentences — children's language development is fascinating. We'll explore the different stages, key milestones, and what to expect in your child's first few years.

#### Getting Excited About STEM

Thursday, February 16, 2023 12:00 p.m. ET

STEM is for everyone! Hear our experts' take on how to inspire your child to learn about science, technology, engineering, and math; explore big ideas; and help them dig deeper.

#### • Raising an Inclusive Child

Wednesday, March 15, 2023 3:00 p.m. ET

How can you create authentic, diverse experiences for your child? How do you help understand and appreciate differences and answer tricky questions about differences? Join us to hear about inclusion, social-emotional learning, and exposing your child to other cultures, holidays, traditions, and people.

## Busy and Hectic: The Impact of Stress on Learning

Thursday, April 13, 2023 3:00 p.m. ET

Soccer, art class, play rehearsals, gymnastics, coding club — activities that are supposed to be fun can actually be a major source of stress for your child. Learn how that stress affects brain development and how to alleviate some pressure.

# Managing Behaviors That Challenge Adults

Wednesday, May 17, 2023 12:00 p.m. ET

Tantrums, hitting, and biting are very difficult behaviors to navigate as a parent or caregiver. Join our experts to learn both preventative and in-the-moment strategies to provide your little one with positive guidance through these challenging times.

#### Why Failing and Risk-Taking Are Better Than Perfection

Tuesday, June 13, 2023 12:00 p.m. ET

Healthy risk-taking offers so many developmental benefits. How can you encourage your child to step outside their comfort zone and face challenges, even if they fail? Join us for a discussion on fostering the persistence to try and the resilience to fail.

#### Future-Ready: Learning to Communicate & Collaborate

Thursday, July 13, 2023 3:00 p.m. ET

Language and listening, the ability to work together, controlling impulses and emotions, and more — research shows these are the most essential skills to success in school and beyond. Learn how they're woven into our *Discovery Driven Learning*<sup>TM</sup> approach.

## Fueling Your Child's Curiosity and Creativity

Tuesday, August 15, 2023 12:00 p.m. ET

Creativity and curiosity are essential skills to being an effective learner, thinker, and researcher. However, these talents diminish over time in most people if not supported and encouraged. You can support your child's abilities to ask questions, use their imagination, and explore — find out how our Discovery Driven Learning $^{TM}$  approach can help.

### • Your Child's Growing Brain

Thursday, September 21, 2023 2:00 p.m. ET

Wondering what's going on in your child's brain? Neuroscience has taught us so much about early learning and development. Tune in to hear how to encourage development and get actionable tips to support your child (ages 0-5).

### Emotional Intelligence + Why It Matters

Thursday, October 19, 2023 3:00 p.m. ET

Higher emotional intelligence does so much more than help children understand how they (and others) are feeling. It's also a key player in building positive relationships, paying attention, and being engaged at school. Join us to learn more!

#### Sandwiched and Stressed?

Thursday, November 16, 2023 3:00 p.m. ET

If you're caring for elder loved ones...and your child, navigating caregiving logistics and responsibilities (plus your own emotions!) can be tough. Tune in for helpful tips.

# Fitting Family Time into Busy Days Thursday, December 14, 2023 12:00 p.m. ET

Workdays fill up quickly. Learn how to create meaningful (and manageable!) pockets of time with your child amidst the chaos — during your commute, dinner, bathtime, and more.

