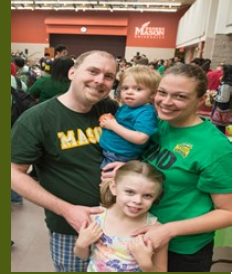


# MASON FAMILY RESOURCES

## At-A-Glance

- Adult Caregivers
- Brain Health
- Childcare/Eldercare
- Employee Assistance
- Family Weekend
- Financial Well-Being
- Flex Work
- Flu Shots
- Mason Kids Club
- New Parent Guide
- School Assistance and Volunteer Service Leave



### Think About It

CommonHealth's current campaign is all about maintaining healthy brain function. Check out some helpful resources [here](#).



### Mason Parent Guide for Faculty and Staff

Are you a new parent? Visit the HR & Payroll site's [Mason Parent Guide](#), for valuable information on welcoming a new child, lactation rooms, support groups, and much more.

### Need Some Help?

Facing a personal or professional challenge? For Mason health insurance holders, contact the [Employee Assistance Program](#). Don't have insurance through Mason? Call the Employee Relations team at 3-3878.



### Childcare & Eldercare

Looking for childcare, pet care, tutoring, senior care resources and more? Activate your [complimentary subscription](#) to Bright Horizons Care Advantage today!



### Free Seasonal Flu Shots

Stay healthy this Winter. Get your flu shot at a convenient on-campus flu shot clinic. For dates and more information [click here](#).

### Enhance Your Financial Well-Being

Increase your financial knowledge and prepare for life's expected and unexpected events. Free on-campus seminars and on-line resources available [here](#).

### George Mason University Family Weekend 2017

All faculty, staff and their families are invited to join the fun, November 10-12. [Register today](#)

### Adult Caregivers Support Group

If you are a Mason faculty or staff member currently caring for an adult loved one (i.e. adult child, spouse/partner, or parent), join us at noon on the first Thursday of each month. See details and schedule [here](#).

### Want More Flexibility In Your Life?

Is a flexible work option right for you? Visit [flexwork.gmu.edu](#) for more information on telework, flextime, compressed schedules and more!

### Try Mason Kids Club!

Looking for a fun place for your 6-11 year old when school's out but you have to work? Check out dates and registration [here](#).

### School Assistance and Volunteer Service Leave

Classified staff and Admin/Prof faculty have up to 16 hours of [School Assistance and Volunteer Service Leave](#). Use it!

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