



Get Involved In Balancing Your Work and Family Life!

National Work and Family Month occurs yearly in October to recognize the importance that work/life programs play in attracting, motivating, and retaining top talent. During this month, we encourage you to share your stories about how the USDA has supported you in obtaining a better work/life balance? Visit the Work/Life and Wellness Community on USDA Connect to post a blog or contribute your stories. Get involved today! And, as always, you can **add to your knowledge at no cost to you, 24/7!**

Balancing Work and Family Life Webinar

- + Mark your calendars for the free “Balancing Work and Family Life” Webinar hosted by USDA’s Employee Assistance, WCTS and AgLearn on **October 26 at 12:30pm**. You may register for this event using AgLearn and can choose to participate in a group setting/conference or as an individual. There are two methods for participating in the webinar. Please select the link below that describes how you will access the webinar.

[Option #1: I will view the webinar as part of a group \(in a conference room or co-worker’s office\). Someone else will reserve the phone line. I’ll listen to the audio through a speakerphone.](#)

[Option #2: I will view the webinar from my desk and will need to dial-in to a teleconference line to hear the audio.](#)

Work/Life Survey

In honor of *National Work and Family Month*, and to support understanding of the state of Work/Life Programs at USDA, the Office of Human Resources Management (OHRM) is launching a short, web-based survey available for all employees to complete. The survey will remain open from October 20 through November 30.

USDA Connect Work/Life and Wellness Community

The USDA Work/Life and Wellness Community Connect page is a valuable resource for all things related to workplace support. Network with community members, join a blog and contribute to forum discussions.

As with all AgLearn resources, these are available to all USDA employees at no cost to you!