January

1/09  5:30 PM -  8:30 PM  **RAD for Women (4-part workshop)**  
Facilitated by:  Stacey Nowak  
Police Services, 2nd Fl Training Rm

1/24  9:00 AM -  10:00 AM  **Communicating Effectively - Life Matters Webinar**  
Facilitated by:  Life Matters  
Online

1/25  12:00 PM -  12:55 PM  **Identity Theft Prevention**  
Facilitated by:  Stacey Nowak  
Police Services, 2nd Fl Training Rm

1/25  10:00 AM -  11:00 AM  **CSU's Got Talent Webinar: Leadership & the Environment**  
Facilitated by:  Joshua Spodek, Professor at NYU and author  
Oviatt 16

1/31  2:00 PM -  3:00 PM  **New Year, New You – Achieve a Healthier Lifestyle**  
Facilitated by:  Sandra Salute  
Oasis Center

February

2/01  10:00 AM -  11:30 AM  **Life Happens: Coordinating the Leave Process for Employees**  
Facilitated by:  Laurie Gold-Brubaker & Karyn Cote  
Oviatt 16

2/02  9:00 AM -  12:30 PM  **American Red Cross Adult CPR and AED (Automated Extended Defibrillator)**  
Facilitated by:  Daniel Castellon  
Oviatt 16

2/06  8:00 AM -  4:00 PM  **CalPERS One-on-One Consultations**  
Facilitated by:  Mindy Fox  
Extended University Commons 106

2/06  5:30 PM -  8:30 PM  **The Basics of Pepper Spray**  
Facilitated by:  Stacey Nowak  
Police Services, 2nd Fl Training Rm

2/06  10:00 AM -  11:00 AM  **Navigating the Audit Trail**  
Facilitated by:  Howard Lutwak  
Oviatt 16

2/07  10:00 AM -  11:00 AM  **The 411 on College Savings. Simplify with a 529!**  
Facilitated by:  Omar Marquez  
Oviatt 16

2/08  7:00 PM*  **Matador Athletics Faculty and Staff Appreciation Series - Women’s Basketball vs Long Beach State**  
Facilitated by:  Matador Athletics  
Matadome

2/08  2:00 PM -  3:00 PM  **The Importance of Social Media in Our Environment**  
Facilitated by:  Jeff Noblitt & Emily Olson  
Oviatt 16

2/08  12:30 PM -  1:25 PM  **Disaster Ready - Personal Preparedness 101**  
Facilitated by:  Lisa Curtis  
Police Services, 2nd Fl Training Rm

2/13  9:00 AM -  10:30 AM  **Documentation Can Help Rise the Bar for You and Your Employee(s)**  
Facilitated by:  Toni Strauja  
Oviatt 16

2/13  12:30 PM -  1:30 PM  **Tips to Save Money and Reduce Your Environmental Impact**  
Facilitated by:  Institute for Sustainability  
Oviatt 16

2/14  2:00 PM -  3:00 PM  **Understanding CSUN’s Procurement Policy**  
Facilitated by:  Deborah Flughum  
Oviatt 16

2/15  12:30 PM -  1:25 PM  **Disaster Ready - Emergency Kit Essentials**  
Facilitated by:  Lisa Curtis  
Police Services, 2nd Fl Training Rm

2/15  10:00 AM -  11:00 AM  **Employee Assistance Benefits Program for Faculty & Staff**  
Facilitated by:  Life Matters  
Oviatt 16
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Facilitator(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/20</td>
<td>10:00 AM - 11:30 AM</td>
<td>Q.P.R. Suicide Prevention Training: Question, Persuade, Refer</td>
<td>Anne Eipe</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>2/21</td>
<td>9:00 AM - 10:00 AM</td>
<td>What to Look Out for as Our Loved Ones Age - Life Matters Webinar</td>
<td>Life Matters</td>
<td>Online</td>
</tr>
<tr>
<td>2/24</td>
<td>7:00 PM*</td>
<td>Matador Athletics Faculty and Staff Appreciation Series - Men’s Basketball vs UC Santa Barbara</td>
<td>Matador Athletics</td>
<td>Matadome</td>
</tr>
<tr>
<td>2/27</td>
<td>1:00 PM - 2:00 PM</td>
<td>Manager Exchange</td>
<td>Managing Conflict in the Work Environment - MPP</td>
<td>Whitney Scott</td>
</tr>
<tr>
<td>2/28</td>
<td>9:00 AM - 11:00 AM</td>
<td>Budgeting in Action</td>
<td>Edith Winterhalter, Callie Juarez, and Cecile Avila-Robison</td>
<td>Oviatt 30</td>
</tr>
<tr>
<td>2/28</td>
<td>12:00 PM - 1:00 PM</td>
<td>Learning Can Be Fun and Almost Free: The CSU Fee Waiver &amp; Reduction Program Benefit</td>
<td>Nikki Valadez, Nick Alexander, Frank Calderon, Shen Milunvic</td>
<td>Oviatt 30</td>
</tr>
<tr>
<td>2/28</td>
<td>10:00 AM - 11:00 AM</td>
<td>CSU’s Got Talent Webinar: An Introduction to Mindfulness Meditation</td>
<td>Juliet Hwang, Pediatrician, Kaiser Permanente</td>
<td>University Hall 277</td>
</tr>
</tbody>
</table>

**March**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Facilitator(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/01</td>
<td>9:00 AM - 10:00 AM</td>
<td>Respect in the Workplace</td>
<td>Lara Garibian, LMFT</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>3/01</td>
<td>12:00 PM - 12:55 PM</td>
<td>Cyber Safety</td>
<td>Stacey Nowak</td>
<td>Police Services, 2nd Fl Training Rm</td>
</tr>
<tr>
<td>3/02</td>
<td>7:00 PM*</td>
<td>Matador Athletics Faculty and Staff Appreciation Series - Men’s Volleyball vs Long Beach State</td>
<td>Matador Athletics</td>
<td>Matadome</td>
</tr>
<tr>
<td>3/05</td>
<td>12:00 PM - 1:00 PM</td>
<td>Now is the Time - Smoking Cessation</td>
<td>Rosemary Martin</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>3/06</td>
<td>2:00 PM - 3:00 PM</td>
<td>Manager Exchange</td>
<td>Building a Culture of Employee Recognition</td>
<td>Toni Strauja, Rosemary Martin, Frank Stranzl, &amp; Deb Wallace</td>
</tr>
<tr>
<td>3/06</td>
<td>10:00 AM - 12:00 PM</td>
<td>LGBTQ from A to Z</td>
<td>Sarina Loeb</td>
<td>Thousand Oaks Room, USU</td>
</tr>
<tr>
<td>3/07</td>
<td>10:00 AM - 11:00 AM</td>
<td>Expanding Your Sphere of Influence</td>
<td>Life Matters</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>3/08</td>
<td>3:00 PM - 4:30 PM</td>
<td>Disaster Ready - Earthquake Preparation, Response, and Recovery</td>
<td>Lisa Curtis</td>
<td>Police Services, 2nd Fl Training Rm</td>
</tr>
<tr>
<td>3/08</td>
<td>12:00 PM - 1:00 PM</td>
<td>Healthy Eating 360 - Healthy Eating Through the Weekend Hustle</td>
<td>Marilyn Magaram Center Staff</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>3/12</td>
<td>12:00 PM - 1:00 PM</td>
<td>Planting an Organic Vegetable Garden in 5 Easy Steps</td>
<td>Mario Giraldo</td>
<td>CSUN Sustainable Garden Education Center</td>
</tr>
<tr>
<td>3/13</td>
<td>10:00 AM - 12:00 PM</td>
<td>CalPERS Seminar: Planning for Your Retirement</td>
<td>Mindy Fox</td>
<td>Extended Univeristy Commons 101</td>
</tr>
<tr>
<td>3/15</td>
<td>12:00 PM - 1:00 PM</td>
<td>Savings Plus - Investing</td>
<td>TBD</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>3/21</td>
<td>9:00 AM - 10:00 AM</td>
<td>Substance Abuse and Your Loved Ones - Life Matters Webinar</td>
<td>Life Matters</td>
<td>Online</td>
</tr>
<tr>
<td>3/22</td>
<td>10:00 AM - 11:00 AM</td>
<td>CSU’s Got Talent Webinar: The 5 Essential Practices of Collective Wisdom</td>
<td>Alan Briskin, Author</td>
<td>Oviatt 16</td>
</tr>
</tbody>
</table>
3/27 9:00 AM - 4:00 PM  Water Day  
Facilitated by: Institute for Sustainability  
USU Northridge Center

3/27 12:00 PM - 1:00 PM  StressLESS: A Guide to Stress and Sleep Management  
Facilitated by: Amy Rosenblatt & Susan Krikorian  
Oviatt 16

3/28 2:00 PM - 3:30 PM  Finding the Right Fit: How to Conduct an Effective Interview  
Facilitated by: Mika Williamson  
Oviatt 16

3/29 12:30 PM - 1:25 PM  Disaster Ready - Fire Safety in the Home and Wildfire Preparedness and Response  
Facilitated by: Lisa Curtis  
Police Services, 2nd Fl Training Rm

3/30 3:00PM*  Matador Athletics Faculty and Staff Appreciation Series - Matador Softball vs UC Davis  
Facilitated by: Matador Athletics  
Matador Baseball Field

April

4/03 12:00 PM - 1:00 PM  Just Do It - Strategies for Reducing Procrastination  
Facilitated by: Life Matters  
Oviatt 16

4/05 12:30 PM - 1:25 PM  Disaster Ready - Protecting Critical Documents and Valuables in Emergencies  
Facilitated by: Lisa Curtis  
Police Services, 2nd Fl Training Rm

4/09 5:30 PM - 8:30 PM  RAD for Men (4-part workshop)  
Facilitated by: Stacey Nowak  
Police Services, 2nd Fl Training Rm

4/10 9:30 AM - 11:00 AM  Workplace Violence/Surviving an Active Shooter Incident - Part 1  
Facilitated by: Anne Glavin and Kristina de la Vega  
Police Services, 2nd Fl Training Rm

4/10 8:00 AM - 4:00 PM  CalPERS One-on-One Consultations  
Facilitated by: Mindy Fox  
Extended University Commons 106

4/10 12:00 PM - 12:55 PM  Maintaining a Proactive Approach to Personal Safety  
Facilitated by: Stacey Nowak  
Police Services, 2nd Fl Training Rm

4/11 2:00 PM - 3:00 PM  eCommerce At CSUN  
Facilitated by: Steve Woods  
Oviatt 16

4/12 10:00 AM - 11:00 AM  Communication Secrets for Success  
Facilitated by: Bridget Sampson  
Oviatt 16

4/14 1:00PM*  Matador Athletics Faculty and Staff Appreciation Series - Matador Baseball vs Long Beach State  
Facilitated by: Matador Athletics  
Matador Baseball Field

4/17 9:30 AM - 11:00 AM  Workplace Violence/Surviving an Active Shooter Incident - Part 2  
Facilitated by: Anne Glavin and Kristina de la Vega  
Police Services, 2nd Fl Training Rm

4/19 12:30 PM - 1:25 PM  Disaster Ready Kids!  
Facilitated by: Lisa Curtis  
Police Services, 2nd Fl Training Rm

4/19 12:00 PM - 1:00 PM  Healthy Eating 360 - Healthy Eating on the Road  
Facilitated by: Marilyn Magaram Center Staff  
Oviatt 16

4/23 9:00 AM - 11:00 AM  When Coaching and Counseling are Not Enough: Taking Corrective Action & Improving Performance - MPPs  
Facilitated by: Toni Strauja  
Oviatt 16

4/23 12:30 PM - 1:25 PM  Disaster Ready - Earthquake Preparation, Response, and Recovery  
Facilitated by: Lisa Curtis  
Police Services, 2nd Fl Training Rm

4/25 9:00 AM - 10:00 AM  Quality Time for the Time-Pressed Family - Life Matters Webinar  
Facilitated by: Life Matters  
Online

4/26 2:00 PM - 3:00 PM  Manager Exchange | Advancing Change  
Facilitated by: Colin Donahue  
Oviatt 16

4/26 10:00 AM - 11:00 AM  CSU's Got Talent Webinar: Business Writing Bootcamp for Faculty, Staff & Administrators  
Facilitated by: Nancy Flynn, Business Writer and Author  
Extended University Commons 106
### May

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/02</td>
<td>8:30 AM</td>
<td><strong>2018 Staff Service Awards and Recognition of Excellence</strong></td>
<td>Human Resources</td>
<td>Northridge Center, USU</td>
</tr>
<tr>
<td>5/03</td>
<td>12:30 PM</td>
<td><strong>Disaster Ready - Emergency Preparedness for First Responders and Their Families</strong></td>
<td>Lisa Curtis</td>
<td>Police Services, 2nd Fl Rm</td>
</tr>
<tr>
<td>5/08</td>
<td>11:30 AM</td>
<td><strong>Personal Resilience</strong></td>
<td>Life Matters</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>5/09</td>
<td>5:30 PM</td>
<td><strong>The Basics of Pepper Spray</strong></td>
<td>Stacey Nowak</td>
<td>Police Services, 2nd Fl Rm</td>
</tr>
<tr>
<td>5/17</td>
<td>12:00 PM</td>
<td><strong>Savings Plus - Nearing Retirement</strong></td>
<td>TBD</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>5/23</td>
<td>9:00 AM</td>
<td><strong>Working with Millennials - Life Matters Webinar</strong></td>
<td>Life Matters</td>
<td>Online</td>
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### June

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<tbody>
<tr>
<td>6/12</td>
<td>5:30 PM</td>
<td><strong>RAD for Women (4-part workshop)</strong></td>
<td>Stacey Nowak</td>
<td>Police Services, 2nd Fl Rm</td>
</tr>
<tr>
<td>6/14</td>
<td>10:30 AM</td>
<td><strong>Disaster Ready - Making Emergency Preparedness Fun with the Family</strong></td>
<td>Lisa Curtis</td>
<td>Police Services, 2nd Fl Rm</td>
</tr>
<tr>
<td>6/20</td>
<td>9:00 AM</td>
<td><strong>Taking Care of Your Skin - Life Matters Webinar</strong></td>
<td>Life Matters</td>
<td>Online</td>
</tr>
<tr>
<td>6/27</td>
<td>12:30 PM</td>
<td><strong>Disaster Ready - Personal Preparedness 101</strong></td>
<td>Lisa Curtis</td>
<td>Police Services, 2nd Fl Rm</td>
</tr>
</tbody>
</table>

### Series

<table>
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<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/03</td>
<td>12:00 PM</td>
<td><strong>Matador Masters - Faculty and Staff Toastmasters (1/18, 2/7, 2/22, 3/7, 3/22, 4/4, 4/19)</strong></td>
<td>Faculty &amp; Staff</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>1/17</td>
<td>8:00 AM</td>
<td><strong>Fidelity One-on-One (1/18, 2/20, 3/12, 4/17, 4/18, 5/15, 5/16)</strong></td>
<td>Christel Whittier</td>
<td>Entended University Commons 106</td>
</tr>
<tr>
<td>1/19</td>
<td>9:00 AM</td>
<td><strong>New Employee Welcome Orientation (2/27, 3/29, 4/26, 5/31, 6/26)</strong></td>
<td>Human Resources</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>1/22</td>
<td>11:00 AM</td>
<td><strong>Lunch Time Express Begins, (Weekly M &amp; W, ends on 5/6)</strong></td>
<td>SRC Trainers</td>
<td>Student Recreation Center</td>
</tr>
<tr>
<td>1/23</td>
<td>12:00 PM</td>
<td><strong>Working Moms Brown Bag Lunch Begins (Monthly: 2/20, 4/24, 5/22)</strong></td>
<td>Rosemary Martin</td>
<td>Oviatt 16</td>
</tr>
<tr>
<td>2/01</td>
<td>5:30 PM</td>
<td><strong>Commit To Be Fit Begins (Weekly M-Th, ends on 5/3)</strong></td>
<td>Kim Henige &amp; Shabnam Islam</td>
<td>Redwood Hall 200</td>
</tr>
<tr>
<td>2/05</td>
<td>12:00 PM</td>
<td><strong>Mindfulness Mondays Begin (Weekly M, ends on 5/7)</strong></td>
<td>Institute of Community Health and Wellbeing</td>
<td>Santa Susanna Hall 108</td>
</tr>
<tr>
<td>2/07</td>
<td>12:00 PM</td>
<td><strong>Walkability Wednesdays Begins (Weekly W, ends on 5/9)</strong></td>
<td>Institute of Community Health and Wellbeing</td>
<td>Santa Susanna Hall 115</td>
</tr>
</tbody>
</table>
*Times are subject to change, please visit Go.Matadors.com for the most current game times.

As of 20180409