

myBright Horizons

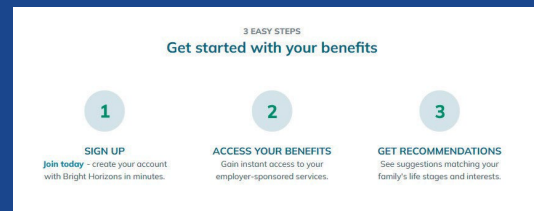
Your all-in-one benefits platform

My Bright Horizons is an all-inclusive benefits platform that helps you find your available benefits, resources, recommendations, and more.

Register now — here's why:

- ▶ It's an easy and reliable way to access all your Bright Horizons benefits in one place
- ▶ You can quickly find the right supports for right now, that adapt as your needs change
- ▶ You'll be ready to use your available benefits whenever you need them (planned or in a pinch)
- ▶ It's quick and easy — it just takes a few minutes

My Bright Horizons is your one-stop shop for all your benefit needs.

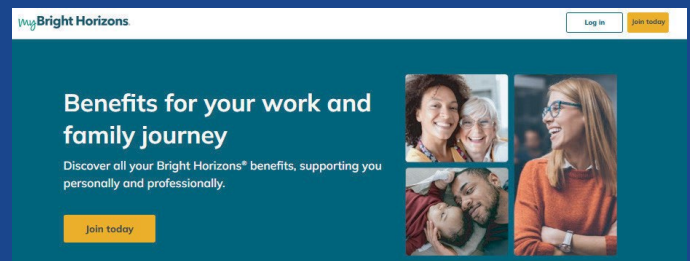


Plus, you can:

- ▶ Receive benefit recommendations based on your interests, profile, and needs
- ▶ Take a step-by-step tour to point you in the right direction
- ▶ Receive reminders on available benefits during key times throughout the year
- ▶ See upcoming available webinars and access resources including articles, podcasts, and more

Here's how to register:

- ▶ Visit my.brighthorizons.com and click "Join Today"
- ▶ Select Emory Graduate Medical Education as your employer from the dropdown and enter the requested details to verify your employment
- ▶ Click "Confirm Email Address" in your confirmation email to continue filling out your information
- ▶ Create a username and password that you'll use to access My Bright Horizons moving forward
- ▶ Add your care recipients, interests, and any other requested information
- ▶ Access your Bright Horizons benefits



Get started
my.brighthorizons.com



Your Bright Horizons education and care benefits

When you have the right support, everything else falls into place. Here are your employer-provided **Bright Horizons®** benefits, designed to fit the needs of busy working families and help you take care of those who matter most.

Early education and child care centers

Your employer partners with Bright Horizons to offer an exceptional early education and care experience

Back-up care for children

The highest quality education and care for your child, with the flexibility and reliability you need

Back-up care for adults and elders

The trustworthy care your loved one deserves — in advance or when the unexpected happens

Easy booking

Make back-up care reservations on-the-go with the back-up care app

Curated family resources

Exclusive savings on programs for all stages of education and care needs — child care options, tools for your growing family, elder care resources, and more — many with free access

Benefits for the whole family

The only education and care company designed for every age and every stage

Register now

<https://clients.brighthorizons.com/emorygme>

2025 Benefit Overview Webinars

Your family comes first. That's why your employer gives you exceptional education and care benefits through **Bright Horizons®**. Learn more about everything that's available to you in our webinars.

Can't attend a live session? Register anyway for a copy of the recording.



Register now or watch on-demand

<https://my.brighthouse.com/resources/webinars/upcoming>

Reliable Back-Up Care for Your Family

Live webinar offered monthly on Tuesdays, [Register Here](#)

When school's out, schedules change unexpectedly, your parent's caregiver is unavailable, or any time you need an extra hand, you have *Bright Horizons Back-Up Care™*. Watch our webinar to learn about reliable child care at centers near you and in your own home, and trusted in-home care for adult and elder loved ones.

Curated Resources for Your Family

Live webinar offered monthly on Wednesdays, [Register Here](#)

Through Bright Horizons, you have access to curated and fully vetted resources — with discounts — for every stage of your family's education and care needs. Join our webinar to learn more about your options for child care, elder care planning, tutoring and test prep, enrichments, camps, tools for your growing family, and more.

School-Break Support for Your Child

On-demand webinar, March – July, [Access Here](#)

Make days off from school something to look forward to — for your child and for you. With Bright Horizons, they'll have a blast and you'll have peace of mind for your work day. Watch our webinar to learn about back-up child care options and additional care resources and enrichment programs (with discounts) to help fill your child's day.

Back-to-School Support for Your Child

On-demand webinar, July – September, [Access Here](#)

Skip the school-year scramble — your Bright Horizons benefits make the busy season easier. Back-up child care is available in centers, camps, and at home to help cover hectic schedules, school breaks, and more. Looking for even more support? Access discounted resources for ongoing care, tutoring, and enrichments. Watch our webinar to learn more.

End-of-Year Support for Your Family

On-demand webinar, November – December, [Access Here](#)

When the holiday calendar goes head-to-head with your work schedule, your Bright Horizons benefits save the day. Book high-quality back-up care for your child and adult or elder loved ones to fill the gaps. Plus, access discounted resources to keep life running smoothly: ongoing and occasional care, household support, elder care, and tutoring. Watch our webinar to learn more.

Family Support for the New Year

On-demand webinar, January – February, [Access Here](#)

Make this the year you get the most out of your Bright Horizons benefits. When schedules change, school is on break, or your caregiver is sick, back-up care for your child and adult or elder loved ones has you covered. Extra support is available, too, and there's something for everyone: discounted resources for ongoing care, education support, and enrichments. Find out more in our webinar.

Plus, Bright Horizons hosts expert podcasts designed for working parents.

Teach. Play. Love.

▶ **Listen here**

What matters during your child's early years? What doesn't? Rachel Robertson and Claire Goss, Bright Horizons' early childhood experts, share tips, advice, and stories. They'll help make parenting the joy it was meant to be.

The Work-Life Equation

▶ **Listen here**

Building a career, raising a family, and balancing it all — life doesn't come with a user's manual. Listen in as Priya Krishnan, Bright Horizons' chief digital and transformation officer and Paul Sullivan, founder of The Company of Dads, meet with guests to piece it all together.

Getting In: A College Coach Conversation

▶ **Listen here**

Your student deserves every chance, and no one knows the complex process of getting into college quite like our College Coach experts. Tune in for their behind-the-scenes insights — this is where college planning gets smart.



2025 Family Webinars



Scan QR code
or click [here](#) to
register for all
webinars

Parents and caregivers: tune into **Bright Horizons®** webinars for actionable advice related to every age and stage. Special guests and our own experts dive into a variety of topics — from how your baby's brain works, to social-emotional learning, to social media, and elder caregiving.

Understanding Early Brain Development

February 12, 2025 | 12:00 p.m. ET

How do infants and toddlers think? How do their brains develop? Young children's brains absorb even more information than you might realize. In our webinar, learn strategies to support your child's brain development so they can reach their full potential.

Social-Emotional Learning for Success

April 16, 2025 | 3:00 p.m. ET

Did you know that social-emotional development in early childhood is just as important as other areas of growth? In the first five years of life, it creates foundational skills, such as learning about emotions and empathy, and how to build relationships with other children and adults. Tune in to our webinar to learn more.

The Power of Play for Kids

June 4, 2025 | 12:00 p.m. ET

Play is what childhood is all about. And for good reason — it offers so many developmental benefits and builds essential skills your child will need throughout their life. Hear more in our webinar and get ready to celebrate the International Day of Play on June 11.

Raising a Reader

August 13, 2025 | 3:00 p.m. ET

Books are magic. Want to help your child develop a love of reading? Join our webinar to find out how. Explore how to choose great children's books, get tips on making story time fun and engaging, and learn about our Growing Readers program — now in its 25th year!

Navigating Tech and Social Media

October 15, 2025 | 12:00 p.m. ET

Teens, tweens, social media, and screen time — do we have your attention yet? Whether you're wondering how screen time affects your child or how to create healthy practices at home, get the answers in our webinar.

Supporting the Sandwich Generation

December 11, 2025 | 3:00 p.m. ET

Caregiving logistics and responsibilities can be a lot to manage, especially if you're caring for an older loved one and your child at the same time. Tune in to learn where to find help and how to handle your own emotions, too.

**Please note: all webinar dates and times are subject to change.*

Don't miss these on-demand webinars on our most popular topics — available to access at any time:

Take Care of YOU; Take ON Challenging Behaviors

Your child's behavior can be challenging — but it might be due to an inner conflict. And that inner conflict can often mirror your own. Learn how the FLIP IT (Feelings, Limits, Inquiries, Prompts) strategy can build your resilience and help you better deal with your child's behavior.

Fueling Your Child's Curiosity and Creativity

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*™ approach can help.

Supporting Neurodiversity

Neurodiverse learners experience the world and absorb information in a variety of ways. In this webinar, learn how to offer children support and help others understand their unique needs.

The Science Behind Mindfulness and Learning

Did you know that mindfulness and self-regulation can actually impact a child's ability to learn. Hear about the latest research and find out how to practice mindfulness with your child.

Emotional Intelligence + Why It Matters

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.

Language Development in the Early Years

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.

