

Valley Health System is pleased to present a roundup of the latest events taking place throughout the month of October. Here are some that may appeal to Midland Families. To view additional events this month, please visit ValleyHealth.com/Events.

Family Flu Clinic

Saturday, September 30 AND Saturday, October 14

9 a.m. - Noon

VMG – General Pediatrics

135 N. Kinderkamack Road, Montvale, NJ

Check out Valley's General Pediatric Practice in Montvale for an open house and flu clinic! Join us for refreshments and fun children's activities. Flu shots will be available. Shots for both children and parents are available. Appointments and walk-ins are welcome. >>>**To schedule an appointment, please call 201-746-9484.**

Keep Your Healthcare Coverage

Saturday, September 30

10 a.m. - 3 p.m.

Dorothy B. Kraft Center

15 Essex Road, Paramus

Health insurance is essential for good health. It covers you and your family for preventive care, as well as illnesses and accidents. Valley is teaming up with CBIZ to host an information and sign-up event. Representatives will be on-site to assist with applying, or reapplying, for NJFamilyCare.

>>>**For more information, please call 201-291-6219.**

Just for Girls

Wednesday, October 18

6:30 - 7:30 p.m.

Virtual

Moms and daughters (9-12 years old): Hear about the exciting changes to expect in a young girl's body. >>>**Register**

Talking to Your Child About LGBTQ

Thursday, October 19

7 - 8 p.m.

Virtual

Lesbian, gay, bisexual, transgender, queer, and gender non-conforming individuals are a part of every community and many families. School-aged children encounter children who are different from

them and families that are different from theirs, and they may have questions. Learn how to talk about different kinds of families and discuss sexual orientations, gender roles, and identities with your kids. >>>[Register](#)

Potty Training Workshop

Tuesday, October 24

7:30 - 8:30 p.m.

Virtual

Potty training can be scary, but it doesn't have to be! Join us for a positive, how-to on diapers, pull-ups, and potty training so you can enjoy this next stage of toddlerhood. >>>[Register](#)

Autism Spectrum Disorders: Diagnosis, Treatment, and Your Child's Health

Thursday, October 26

7 - 8 p.m.

Virtual

This webinar will provide an overview of autism spectrum disorders including developmental and behavioral signs that a child may exhibit, possible causes, the importance of early identification, and evidence-based interventions. >>>[Register](#)