**Life Events**

Life happens, and it can be a roller coaster. Sometimes the events you experience are good and exciting. But, sometimes they’re not. We’re here to support you in all that comes your way. Below are events many of us experience at some time in our lives. Clicking on one will show you the many ways Facebook supports you no matter what is happening in your life.

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| **n00bs**  Welcome! Get off to a great start at Facebook. | **Relocating for work**  Find support for your move, whether it’s temporary or permanent, a short distance or half a world away. | **Mental health support**  We have personal and online programs to help you deal with stress, depression and more. | **Adding to your family**  Whether just starting to plan or in the final stages of adding to your family, we have programs to help. |
| **Caring for your family**  We have programs to help with child and elder care, as well as dealing with serious health conditions. | **Changing your marital status**  So many things to remember, from reviewing benefits to updating beneficiaries, we’ve made a list for you. | **When you’re sick or injured**  Our wide array of benefit plans and leave programs are designed to help. | **Survivor support**  Whether you’ve lost a loved one or you’re wondering what happens to your family if they lose you, you’ll find help here. |
| **Receiving an equity grant**  Learn how to accept and manage your grant. | **Financial future planning** | **Leaving Facebook**  Find out what happens to your benefits, equity and more. | **Retiring from Facebook**  Learn what happens to your benefits, equity and more. |

[Adding to your family screen]

# Adding to Your Family

Tell us about your situation so we can point you to the information you need.

I’m expecting a child

I’m planning to get pregnant

I’m planning to adopt a child