

RESOURCES

Postdoc Associates &
Postdoc Fellows

Please visit the Center's website at hrweb.mit.edu/worklife/ to view a number of work-life resources

Services Provided at The MIT Work-Life Center

- **Consultations**—The Work-Life Center offers consultations to help you navigate your work-life issues including: navigating your life and career as a young professional, special needs, work-life integration, job flexibility, further education, and family issues. To schedule a consultation with one of our qualified staff, please contact the Work-Life Center by phone at 617-253-1592 or via email at worklife@mit.edu.
- **Seminar Series**—During the fall and spring, the Work-Life Center offers a seminar and support group series, bringing knowledgeable speakers to address a number of topics including sessions relevant to young professionals, work-life issues, strategies and tool for managing stress, parenting, and caring for aging relatives. Please visit our website at hrweb.mit.edu/worklife to view a complete list of offerings.

Child Care Resources

• **MIT Child (and Adult) Backup Care Program, Offered Through Care.com**

Backup child care is available on short notice to help you cover school closings, when your child is mildly ill, your regularly scheduled care is not available, or your child accompanies you on an MIT business trip or professional conference. **Backup adult care** is available to help you find care for your parents, yourself, or other family members, when unexpected needs arise. Backup care is available during the day or evening seven days a week and can be used even on short notice for a combined total of 15 days per fiscal year. To arrange backup care, you must first sign up through the following links:

For Employees and Fellows: <https://mit.care.com>

Toll-free: 1-855-781-1303

- **Infant & Toddler Childcare Briefings**—Introductory discussions are designed specifically for expectant parents and those new to parenting or child care, covering types of child care arrangements, child care costs, how to find and evaluate your child care options, parental leave, and the transition to parenting.
- **Discussion Group for Parents of Infants**—Led by a professional new parent educator, this group allows parents to discuss, learn, and laugh about the joys and challenges of parenting your new baby.
- **Lactation Rooms**—Information about MIT campus lactation rooms, their locations, and how to gain access can be found on the Work-Life Center website.
- **MIT Technology Childcare Centers (TCC)**—MIT offers child care at five Technology Childcare Centers (TCC) located across campus and near Lincoln Laboratory. TCC is managed by Bright Horizons in partnership with the MIT Work-Life Center. A needs-based scholarship is also available for families that qualify. For more information, please visit the TCC website at childcare.mit.edu.
- **Kindergarten Programs—Boston and Cambridge**—Most school systems in Massachusetts require that children be five years old as of September 1 to enter kindergarten, although Boston provides a pre-kindergarten program for all four-year olds, and Cambridge allows children to enter kindergarten at 4.5 years. Additional information on kindergarten entry age for all area towns can be found at www.doe.mass.edu/kindergarten/entry.aspx.
- **Care for Family, Pet and Home**—Make life a little easier and get a helping hand by using the expansive Care.com website. This self-directed search benefit is available at no cost to current benefits-eligible MIT faculty, staff, postdoc associates, and postdoc fellows. Search on your own to find local or national child care, senior care, home and convenience services, dog walkers, and more. To sign up, visit <https://mit.care.com>.

LEARN MORE ABOUT US AT

hrweb.mit.edu/worklife

Additional resources on reverse side.

Work-Life Resources 24/7 Offered Through WorkPlace Options

Work-Life Resources 24/7 is a service available to MIT affiliates that provides information and referrals across all areas of child care, after school care, summer camp, family, and work-life support, including, but not limited to: child care searches, afterschool programs, work-life concerns, relocation, legal and financial issues, immigration to the U.S., and volunteer opportunities. Work-Life 24/7 will tailor their search to meet your unique needs and provide you with any necessary support as you decide what option is right for you. You can contact Work-Life Resources 24/7 by phone, online, or via email as listed below.

Toll-free: 1-877-847-4523

Website: hrweb.mit.edu/worklife/worklife-resources

Email: mit@workplaceoptions.com

Additional MIT Work-Life Center Benefits Available to Postdoc Associates and Postdoc Fellows

- **Comprehensive Special Needs Resource**—The Bright Horizons Special Needs program provides parents of children—from birth to young adulthood—who are struggling with developmental, emotional, or learning challenges, with expert on-line tools, seminars, and webinars offering you a roadmap to support your child's success in school. To learn more, visit hrweb.mit.edu/worklife/special-needs.
- **Planning and Paying for College/Student Loan Repayment Strategies**—*College Coach*® includes free personalized guidance, on-line resources, seminars, and webinars to help navigate the complex college admissions process; plan and pay for your child's education; and develop a repayment strategy for your child's or your own student loans. To learn more, visit hrweb.mit.edu/worklife/college.
- **Senior Care Planning**—Experienced Senior Care Advisors provide in-depth consultations, share tips and resources, facilitate family meetings, and generate customized action plans to address your unique caregiving needs. To learn more about senior care planning, visit hrweb.mit.edu/worklife/adult-senior-care.

Work-Life Center Lending Library

In addition, the Work-Life Center houses a lending library that has a selection of books on navigating your life and career, parenting, aging, and many other topics. Our complete collection can be viewed online at hrweb.mit.edu/worklife/about-center/lending-library. If you are interested in borrowing any of our books or would simply like to browse our library, please stop by the Work-Life Center Monday–Friday from 9:00 AM to 5:00 PM.

Perks at MIT

- **MITAC:** Find discounted tickets on local events. From sports, movies, and museums to theater, exhibitions and white water rafting, MITAC will help all members of the MIT community meet their recreational needs.
- **MIT Furniture Exchange (FX):** A service through MIT's Women's League, the FX sells used furniture and household goods at bargain prices. Additional details, as well as business hours, can be found online.
- **Gym Discount:** Find rates for MIT gym memberships, discounted day passes, and seasonal passes for yourself, your friends, and your family.
- **Club Sports:** Club sports at MIT are open to all MIT affiliates, including students, staff, and faculty. Club sports offered at MIT include, but are not limited to, soccer, skiing, cycling, kickboxing, and volleyball.

More information on MIT perks, including a campus film series, travel and hotel discounts, restaurant reviews, and home and auto insurance discounts, can be found at welcome.mit.edu/mit/perks.

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