

# MIT HR Work-Life

Resources to Support You and Your Family



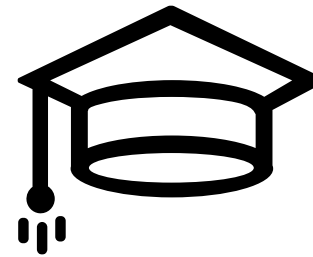
Personal Wellbeing



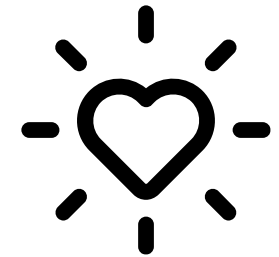
Financial Wellbeing



Parenting Infants and School-Age Children



Parenting Teens and Planning for College



Caring for Aging Loved Ones





# Personal Wellbeing

## **MyLife Services** (provided by KGA)

Consult confidentially with a master's- or Ph.D.-level counselor around how to manage stress and personal, family, or work concerns. MyLife Services also has a network of experts who are available for legal, sleep, career, and nutrition consultations. In addition, their work-life specialists can provide you with resources and referrals for legal assistance, home and daily living services, moving-related needs, and more.

## **Mental Health First Aid** (presented by MIT HR Work-Life)

This evidence-based training and certification program teaches you how to recognize signs and symptoms of mental health conditions, implement techniques to assist, and determine when to refer an individual to appropriate professional help.

## **MIT Work-Life Webinars**

- *Digital Wellness: What It Means, Why It Matters, and How to Begin* (Nov. 13, 12pm)
- *Post-Election Stress: Finding Acceptance* (Nov. 14 or Nov. 21, 12pm)
- *Finding Peace in Times of Pain* (Nov. 19, 12pm)



# Financial Wellbeing

## **MIT MyLife Services** (provided by KGA)

Consult confidentially with a master's- or Ph.D.-level counselor around how to manage stress and personal or family concerns. MyLife Services also has a network of experts who are available for financial and legal consultations. In addition, their work-life specialists can provide you with resources and referrals for financial advising, legal services, and more.

## **Student Loan Repayment Guidance** (provided by Bright Horizons College Coach)

Receive expert, personalized guidance on your unique student loan situation, and develop a strategy to manage your education debt.

## **MIT Staff Emergency Hardship Fund**

Provides financial assistance for MIT benefits-eligible staff and postdoctoral associates and fellows who are experiencing an immediate and temporary financial hardship due to a sudden or non-recurring emergency.

## **MIT Work-Life Webinars**

- *Investing 201: Continuing the Conversation* (Nov. 6, 12pm)
- *How to Build Your Three-Step Financial Wellness Plan* (Dec. 5, 12pm)



# Parenting Infants and School-Age Children

## **MIT MyLife Services** (provided by KGA)

Consult confidentially with a master's- or Ph.D.-level counselor around how to manage stress and personal or family concerns. MyLife Services' team of experts can help you locate a mental health professional or other specialist for your child. In addition, their work-life specialists can provide you with resources and referrals for child care (including afterschool programs and camps), parenting, and more.

## **Backup Child Care** (provided by Care.com)

Screened and trained child care providers can assist when your regular child care or school arrangements are disrupted, or when your child is mildly ill. Backup child care is available in-home or in-center, at a subsidized rate.

## **Technology Childcare Centers (TCC)**

MIT has four onsite childcare centers — three on campus and one in Lexington, MA — that accommodate infants, toddlers, and preschool children. All four centers are accredited by the National Association for the Education of Young Children (NAEYC). TCC scholarships are available for eligible employees and postdocs.



# Parenting Infants and School-Age Children

## Lactation Rooms

MIT has 30 lactation rooms across campus, and most are equipped with hospital-grade breast pumps, refrigerators, and microwaves.

## Parent Coaching (provided by Peace at Home Family Solutions)

Receive guidance from an experienced parenting coach to discuss your questions or concerns. These advanced degree experts specialize in child development and parenting.

## School and Education Advising (provided by Bright Horizons College Coach)

Speak with an expert education advisor who can help you support your elementary school student's academic success.

## Special Education Support (provided by Peace at Home Parenting Solutions)

Consult with an experienced special education coordinator, who can help you understand and navigate the special education process and find appropriate resources.

## MIT Work-Life Webinars

- *Manage Meltdowns with Positive Discipline for Toddlers and Preschoolers* (Nov. 7, 12pm)
- *Saving for College: The Importance of Getting an Early Start* (Nov. 12, 12pm)



# Parenting Teens and Planning for College

## **College Admissions and Financial Advising**

(provided by Bright Horizons College Coach)

Consult with former senior admissions officers and college financial professionals and learn about the admissions process and how to finance your teen's education.

## **Parent Coaching** (provided by Peace at Home Parenting Solutions)

Receive guidance from an experienced parenting coach to discuss your questions or concerns. These advanced degree experts specialize in adolescent development and parenting.

## **School and Education Advising** (provided by Bright Horizons College Coach)

Speak with an expert education advisor who can help you support your middle school or high school student's academic success.

## **MIT Work-Life Webinars**

- *Communicate and Connect: Reduce Your Teen's Risky Behavior* (Dec. 2, 12pm)
- *Paying for College: Knowing the Options* (recorded Oct. 22)
- *Planning for College: Maximizing Your Child's Success* (recorded Oct. 15)



## Caring for Aging Loved Ones

### **Adult and Senior Care Advising** (provided by Care.com)

Consult confidentially with a master's-level social worker for comprehensive advice, guidance, and resources to help address your family's unique short- and long-term caregiving needs. Senior Care Advisors can also help your family find vetted non-medical providers (e.g., home care, memory care, elder law attorneys, adult day programs, housing).

### **Backup Adult and Senior Care** (provided by Care.com)

Provides you or an adult loved one with in-home care and support (e.g., light meal preparation and light housekeeping, medication prompting, assistance with bathing and dressing, companionship) anywhere across the U.S., at a subsidized rate. Care is sourced through professional homecare agencies.

### **MIT Work-Life Webinar**

- *Medicare and the MIT Retiree* (Oct. 31, 12pm)