

**BENEFITS & SERVICES**

**Postdoc Associates  
& Postdoc Fellows**

Please visit the Center's website at [hr.mit.edu/worklife/](https://hr.mit.edu/worklife/) to view work-life resources available to you.

**The MIT Work-Life Center Overview of Services**

The Work-Life Center can help you navigate your work-life issues including: career planning; emotional health; financial, legal and daily life issues; child care; parenting children of all ages; student loan repayment strategies; and senior care.

Please contact the Work-Life Center by calling 617-253-1592 or emailing [worklife@mit.edu](mailto:worklife@mit.edu).

**Work-Life Seminar Series**

The Work-Life Center offers a seminar series each semester, bringing knowledgeable speakers to present on topics including young professionals' concerns, work-life issues, strategies and tools for managing stress, parenting, emotional well-being, financial well-being, and caring for aging relatives.

Visit the Work-Life Center website to view a complete list of offerings: [hr.mit.edu/worklife/seminars](https://hr.mit.edu/worklife/seminars).

**Assistance with Life Concerns: MIT MyLife Services**

**MyLifeServices** is a free, confidential MIT benefit for postdoc associates and postdoc fellows and household members. One call puts you in touch with a network of experts who can provide emotional and behavioral counseling, work-life consultations, and personalized referrals at no cost. When personal or family relationships become stressful or if you or a family member are experiencing emotional challenges, **MyLifeServices** will provide an immediate consultation with a licensed Master's or Ph.D. level counselor who can offer guidance, share resources, and provide customized referrals with free counseling sessions. You and your family members can also get personalized consultations and resources in the following areas: legal and financial concerns, work-life concerns, relocation, immigration, volunteer opportunities, tips for a good night sleep, career coaching, child care, after school care and summer camp. All consultations are free and resources are customized to your needs.

To learn more, call 844-405-LIFE (5433), email [info@MITMyLifeServices.com](mailto:info@MITMyLifeServices.com) or visit [hr.mit.edu/worklife/mylifeservices](https://hr.mit.edu/worklife/mylifeservices).

**Child Care and Parenting**

- **In-Home and In-Center Backup Child Care, Offered Through Care.com**—Backup Child Care is available on short notice, in-home or in-center, 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 in the U.S. Backup care is available during the day or evening seven days a week and can be used, even on short notice. Please note that the 15 day total includes both Backup Child and Adult Care days.

To learn more and register, visit [hr.mit.edu/worklife/backupchildcare](https://hr.mit.edu/worklife/backupchildcare).

- **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, visit the TCC website: [childcare.mit.edu](https://childcare.mit.edu).

*Additional resources on reverse side.*

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[hr.mit.edu/worklife](https://hr.mit.edu/worklife)

### Child Care and Parenting (Continued)

- **Choosing Quality Child Care Sessions**—These 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, the transition to parenting, and MIT benefits and resources.

To register, visit the Work-Life website: [hr.mit.edu/worklife/child-care](https://hr.mit.edu/worklife/child-care).

- **Paid Parental Leave**—MIT's enhanced Paid Parental Leave policy provides eligible new parents with up to 20 days of paid leave, which must be taken within 6 months following the birth, adoption, or placement of a child.

To learn more, visit [hr.mit.edu/worklife/new-parents](https://hr.mit.edu/worklife/new-parents).

- **Campus Lactation Rooms**—The Work-Life Center website has information about MIT campus lactation rooms, their locations, and how to gain access.

To learn more and find a lactation room near you, visit [hr.mit.edu/worklife/breastfeeding](https://hr.mit.edu/worklife/breastfeeding).

- **Kindergarten Programs: Boston and Cambridge**—Most school systems in Massachusetts require children to be five years old as of September 1 to enter kindergarten. Boston provides a pre-kindergarten program for all four-year olds, and Cambridge allows children to enter kindergarten at 4.5 years-old.

For information on regarding kindergarten entry age and school enrollment for all area towns, visit [doe.mass.edu/kindergarten/entry.aspx](https://doe.mass.edu/kindergarten/entry.aspx) or call MIT MyLife Services: 844-405-LIFE (5433).

- **Comprehensive Support for Parents of Children with Special Needs**—The Bright Horizons 'torchlight' program provides parents of children who are struggling with developmental, cognitive, learning and social challenges—from birth through young adulthood—with one-on-one, personalized consultations with an educational expert; seminars and online tools, and webinars offering you a roadmap to support your child's success in school.

To learn more, visit [hr.mit.edu/worklife/special-needs](https://hr.mit.edu/worklife/special-needs).

### Student Loan Repayment Strategies and Higher Education Resources

**Student Loan Repayment Strategies / Planning and Paying for College**—College Coach provides free personalized guidance, seminars, webinars, and online resources to develop a student loan repayment strategy, navigate complex college admissions processes, and plan and pay for your or your child's education.

To learn more, visit [hr.mit.edu/worklife/college](https://hr.mit.edu/worklife/college).

### Senior Care Resources

- **Senior Care Planning**—Master's-level geriatric social workers offer guidance on care, finance, and housing options; help with short- and long-term caregiving plans; and facilitate family meetings to address your unique caregiving needs across the U.S.

To learn more about senior care planning, visit [hr.mit.edu/worklife/adult-care/support](https://hr.mit.edu/worklife/adult-care/support).

- **Backup Adult Care**—Backup Adult Care is available to help you find in-home care for your parents, yourself, or other adult family members across the U.S., 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. Please note that the 15 day total includes both Backup Adult and Child Care days.

To learn more and register, visit [hr.mit.edu/worklife/backup-adult-care-program](https://hr.mit.edu/worklife/backup-adult-care-program).

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