WORK/LIFE AND FAMILY RESOURCES

The MIT Work-Life Center

The MIT Work-Life Center (http://hrweb.mit.edu/worklife/welcome) offers a range of work-life programs and services to help manage school, work, life, and family responsibilities while at MIT.

The center provides support and helps students, faculty, and staff meet their personal and professional needs in all phases of life. For more information, email (worklife@mit.edu), call 617-253-1592, or visit the center in NE49-5000 from Monday to Friday between 9 and 5 pm.

Work-Life Consultations and Referrals

Individual consultations and referrals are available at no cost to MIT students, as well as to their partners and families. Consultations with parenting and work-life specialists are available by appointment during regular business hours. The center also offers child care briefings for new parents and those who are new to child care.

Information and referrals are available through MIT’s employee assistance program, MyLife Services (http://hrweb.mit.edu/worklife/mitmylifeservices), on a broad range of issues (including child care, relocation, and legal and financial issues). Help is available online and by telephone, 24 hours a day, seven days a week.

Seminar Series and Support Groups

The MIT Work-Life Center’s popular Seminar Series and Support Groups (http://hrweb.mit.edu/worklife/seminars) provide research-based strategies, tips, and information to help community members deal with a diverse array of work-life issues.

Backup Child Care for Students

MIT offers a program of subsidized backup child care (http://hrweb.mit.edu/worklife/backup-child-care-students) for MIT students as part of our support for student families. This program is sponsored by the Office of the Dean for Graduate Education and administered by the MIT Work-Life Center.

Subsidized backup child care is available through Care.com BackupCare, provided by Parents in a Pinch, Inc. at a cost of $5.00 per hour. MIT also offers backup care through Parents in a Pinch to MIT faculty, staff, and postdocs, though at a higher cost.

Backup child care providers can assist when normal child care or school arrangements are disrupted by school closings, vacations, spousal travel, or provider illness, or when a child is mildly ill. Backup care can also help cover child care needs at times when care is not normally available, for example, to allow students to attend MIT events, student government meetings or conferences, or to study for exams.

Technology Childcare Centers

MIT’s child care system, Technology Childcare Centers (TCC), includes five locations—four centers on campus and one near MIT Lincoln Laboratory in Lexington—that together accommodate a combined total of 388 infants, toddlers, and preschoolers.

Each TCC child care center is a dynamic and nurturing multicultural environment where children participate in adventures that promote invention and discovery. TCC is managed by Bright Horizons Family Solutions in partnership with the MIT Work-Life Center.

For more information and to apply, visit the TCC website (http://childcare.mit.edu).

Lactation Support

MIT is dedicated to meeting the needs of nursing mothers. The MIT Work-Life Center spearheads efforts to create lactation rooms across campus and has put together helpful breastfeeding tips and resources online (http://hrweb.mit.edu/worklife/child-care-parenting/breastfeeding-support/mothers).

Registration is required. Learn more and register online (http://hrweb.mit.edu/worklife/backup-child-care-students).