

THE MIT CENTER FOR

# WorkLife<sup>AND</sup> WellBeing



The Center for WorkLife and WellBeing:  
Help with All Life's Challenges

# MIT Center for WorkLife and WellBeing Benefits

The MIT Center for WorkLife and WellBeing offers a range of services to address specific life stages and concerns in order to enhance the quality of life at home and at work.

## Resources to Support Your Life and Work

- Webinars and Workshops
- TCC
- MIT MyLife Services
- Backup Child and Adult Care
- School and Education Advising
- Parent Coaching
- Planning and Paying for College
- Student Loan Repayment Strategies
- Senior Care Advising
- Staff Emergency Hardship Fund

## WHO WE HELP



Faculty



Staff



Postdoc Associates & Postdoc Fellows



Partners & Family Members

# Backup Child Care

Backup care visits are available to assist when usual child care are disrupted (closings, vacations, mild illness, etc.)

## In-Home Care

Providers can come to your home, workplace, or other meeting place, for \$8/hour

## In-Center Care

You can bring your child to a licensed child care center, near home or work, for \$15/child/day



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Backup Child Care is available to faculty, staff and postdocs, and their families.

Provided by *Care@Work*.

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# School and Educational Support



## Resources and Guidance to Help You at No Cost

- Personalized consultations with an education expert (a “Navigator”) who has deep knowledge of the greater Boston area school systems
- At-Home Learning Resource Guide
- The Kinda Guide

## Your Navigator can help you:

- Develop a customized learning plan that will help your child succeed in this fall’s educational environment
- Set clear educational goals for your child and monitor progress
- Develop a routine to reduce school- and homework-related stress
- Find affordable educational programs and resources

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School and Educational Support is available to faculty, staff and postdocs, and their families.

Provided by *EdNavigator*.

# Parent Coaching



## Services and Resources to Help You at No Cost:

- Private coaching with parenting experts
- Webinars

## Your Parenting Coach Can Help You:

- Identify specific goals that describe the changes you want to see in your child and parenting behavior
- Develop a positive behavior plan with concrete steps for immediate action
- Identify strategies that will strengthen your capacity to carry out your plan and sustain a positive family dynamic

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Parent Coaching Support is available to faculty, staff and postdocs, and their families.

Provided by *Peace At Home Parenting*.

# College and Student Loan Advising

## Resources and Guidance to Help You at No Cost

- Personalized consultations with Admissions and Financial Aid Advisors
- Online portal with seminars, webinars and interactive tools
- Onsite seminars and in-person consultations

## Your Child's College Education

- Develop a realistic college list and admissions strategy
- Learn when and how to apply for loans, scholarships and work study
- Explore prospective majors and career paths



## Take Charge of Your Student Loans

- Develop a realistic repayment plan and strategies to avoid delinquency or default
- Learn about federal and private loan consolidation options
- Explore ways to reduce monthly payments

### Did you know?

*MIT offers loans to offset the financial burden of providing an education to eligible dependents*

### Learn more at:

<http://hr.mit.edu/benefits/educational-loan-plan>

College and Student Loan Advising is available to faculty, staff and postdocs, and their families.

Provided by **Bright Horizons College Coach**.

# Caring for Aging Parents and Other Adults

## Senior Care Advising

- In-depth consultations with comprehensive action plans
- Facilitated family meetings and conference calls
- Vetted non-medical providers, anywhere across the U.S. (housing, adult day programs, home care, memory care, elder law attorneys)
- Consultations are available over the phone or on-campus at MIT during the fall and spring semesters



## Backup Adult Care

- 15 days of annual combined backup care visits are available to help you or a loved one at \$8/hr
- Delivers in-home support provided by professional homecare agencies across the US
- Caregivers can provide companionship, light meal preparation, light housekeeping, medication prompting, hands-on assistance, and transportation to shopping and appointments

Senior Care Advising and Backup Adult Care are available to faculty, staff and postdocs, and their families.

Provided by **Care@Work**.

# Webinar Series

PERSONAL WELL-BEING...

**Prioritize your health & happiness**

FINANCIAL WELL-BEING...

**Your lifelong investment**

PARENTING...

**A little help figuring it out**

YOUNG PROFESSIONALS...

**Navigating your life & career**

TEEN YEARS & BEYOND...

**Parenting teens & planning for college**

RETIREMENT SENSE...

**Making informed decisions**

CARING FOR AGING PARENTS...

**What worries you the most?**

# An Important **MIT Benefit** for faculty, staff, and postdocs



A network of experts for MIT  
faculty, staff, postdocs & families

## One call puts you in touch with a network of experts who provide:

- Free and Confidential Services
- Short-term Emotional and Mental Health Services
- Work-Life Consultations, Research, and Referrals
- Consultations about How to Help Someone in Distress
- Support Before, During and After a Disruptive Event

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MIT Faculty, Staff, Postdocs, and their family members can consult 24/7  
with Master's or Ph.D. level counselors.

## Emotional and Mental Health Support



Get a new perspective and find solutions...

**MIT *MyLife Services*** can help you and your family members with:

- Managing stress, depression, anxiety and emotional challenges
- Coping with change
- Family and work relationship issues
- Alcohol, drugs, gambling, and internet problems or addictions
- Illness and loss of a loved one

Each person is eligible for free, in-person, confidential counseling sessions per concern.

## Work-Life Support

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If there is something on your mind...

**MIT *MyLife Services*** can provide you and family members with:

- Budgeting, debt management and financial planning consultations
- Legal questions, resources and referrals
- Career assessments and coaching
- Sleep and nutrition consultations
- Parenting consultations and personalized referrals
- Child care resources and customized referrals

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Consultations are with experts in the fields of law, finance, career, and work-life.

# Anxiety is more than worrying...

## Depression is more than being sad...

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### Signs and symptoms of anxiety include:

- Fatigue
- Irritability
- Restlessness
- Mood swings
- Muscle tension
- Indecisiveness and confusion
- Avoidance of certain situations
- Constant worrying or hopelessness
- Impaired memory or concentration

# Connect with **MyLife Services** Specialists



**A network of experts for MIT  
faculty, staff, postdocs & families**

**Access  
Anytime  
24/7**

**Call: 844-405-LIFE (5433)**

**Email: [info@MITMyLifeServices.com](mailto:info@MITMyLifeServices.com)**

**Visit: [www.MITMyLifeServices.com](http://www.MITMyLifeServices.com)**

**Live-Chat: [www.MITMyLifeServices.com](http://www.MITMyLifeServices.com)**

***weekdays 9:00 to 5:00***

# The MIT Staff Emergency Hardship Fund

The MIT Staff Emergency Hardship Fund provides financial assistance to MIT staff and postdocs (associates and fellows) who are experiencing an immediate, severe, and temporary financial hardship due to sudden or non-recurring emergency.

## Financial Assistance of up to \$1500

- Financial assistance of up-to \$1,500 can assist with rent, utilities, and other essential expenses
- Amount granted based on demonstrated short-term need, and available balance of Fund
- Considered wage income and subject to taxes
- MIT Staff Emergency Hardship Fund Review Committee – a small, diverse group of MIT members – reviews and approves applications
- Applications are confidential – identifying information removed before application review

Apply Online: [hr.mit.edu/worklife/hardship-fund](https://hr.mit.edu/worklife/hardship-fund)

## WHO WE HELP



Staff



Postdoc Associates & Postdoc Fellows



Partners & Family Members

# The MIT Center for WorkLife and WellBeing is Here to Help.

## Answers + Ideas + Resources

### CALL US:

617-253-1592

### EMAIL US:

[worklife@mit.edu](mailto:worklife@mit.edu)

### VISIT US:

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

### COVID-19 Resources:

<https://hr.mit.edu/covid19/resources>