

## Harvard University Office of Work/Life: 2021 Resources and Programs for Benefits-Eligible Faculty and Staff



### Employee Assistance Program (Harvard's EAP):

- Free and confidential counseling, consultation, and other forms of help for staff, faculty, and their household members
- [Services and Resources](#)
- [Wellness Calendar](#)
- [LifeSeries](#)



### Care @ Work:

- Back-up care for children and adults, up to 20 days per year
- Senior Care Planning for staff, faculty, and their families
- Digital Platform for online, self-service search for caregivers
- Resource page, featuring timely podcasts, webinars, and guides



### Campus Child Care Inc.:

- Six on-campus child care centers for staff, faculty, students, and others



### Boston Nanny Centre:

- A range of nanny-placement services for all Harvard University affiliate families, from comprehensive placement packages to a-la-carte services, including in-depth consultations, background checks, post-hire contract support, and more
- Babysitter subscription service



### EdNavigator:

- Connects busy families with personal education advisors (Navigators)
- Navigators include award-winning teachers, veteran school leaders, and other education professionals who know school systems across the greater Boston area



### Mindfulness:

- A series of courses and programs that range from one-hour introductions to longer, in-depth, multi-week courses
- Topic-focused sessions
- Programs for managers



TEN  
PERCENT  
HAPPIER

#### Ten Percent Happier App:

- Mindfulness app, free to faculty and staff, with 30% discount for family members and retirees



#### The Faculty and Staff Wellbeing Newsletter:

- Monthly e-newsletter, curated by a cross-departmental team from Harvard Human Resources, with information describing a holistic array of wellbeing benefits, resources, and opportunities available to you through Harvard



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#### The Office of Work/Life Program Calendar:

- Seasonal calendar of mindfulness, flexwork, and wellbeing seminars (Harvard Key required)

#### Campus Lactation Support:

- More than 50 rooms across campus for breastfeeding parents
- Open to students and visitors
- Coordinated access University-wide

#### SOURCE Program:

- Subsidy for Occasional, Unplanned, and Respite Care Expenses, to reimburse some of the unplanned costs incurred by income-eligible employees when regular child or adult care is unavailable

#### Child Care Scholarships:

- Financial subsidies, based on financial need, for eligible faculty, staff, and postdocs, to help defray the cost of regular child care

#### Adoption Assistance:

- Grants up to \$5,000 to assist with adoption costs

#### Flexwork Guidelines:

- Policy and strategic guide to maintain business continuity in the case of disruption; empower employees to do their best work; foster individual and collective wellbeing; and support a diverse and inclusive work environment