

## **Harvard University Office of Work/Life** **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 self, 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 and more
- Resource page, featuring timely podcasts, webinars, and guides



### Campus Child Care Inc.:

- Seven 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



### 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 App:

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



**HARVARD**  
Human Resources  
WORK/LIFE

#### 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

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

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

#### Campus Lactation Support:

- More than 60 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-eligibleemployees 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 \$10,000 to assist with adoption costs

