

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 with curated information on a holistic array of wellbeing benefits, resources, and opportunities available on campus and beyond



HARVARD
Human Resources
WORK/LIFE

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