Email:[worklife@mit.edu](mailto:worklife@mit.edu) | Web: [hr.mit.edu/worklife](https://hr.mit.edu/worklife)

The MIT Center for WorkLife and WellBeing has compiled the following benefits and resources – available at no cost to current benefits-eligible MIT employees and postdocs – to support individuals and families during these challenging and uncertain times.

**Caring for Children and Teens**

* MIT Afterschool-tastic Program: Mentors lead small group activities online for children ages 9–14 to spark curiosity, explore extracurricular interests, and build a fun "afterschool" community. Two or three one-hour sessions are held each week. **Interested families should complete the** [**enrollment form**](https://docs.google.com/forms/d/e/1FAIpQLScESaICaAJrmswjGIR10GuafyKs81-_vtCRcbZYqCSPcL5yuw/viewform)**. Contact** [**Emily Martin**](mailto:egmartin@mit.edu) **with any questions.**
* [EdNavigator](https://hr.mit.edu/worklife/ednavigator): Connect with an expert educational advisor (a “Navigator”) to develop a plan that will help your children thrive in traditional, remote, and hybrid learning environments. Access EdNavigator's [at-home learning resources guide](https://docs.google.com/spreadsheets/d/10zE8LG-4cFGHbLEhDEmoYuIRG8aYndF54uY8X-xCMMo/edit#gid=119006753) for children ages 0–18.
* [The Kinda Guide](https://kindaguide.org/): Weekly online resource, developed by EdNavigator's education professionals, for navigating family life and remote learning during COVID-19. Enter code **MIT44** to create an account at no cost.
* [Parent Coaching](https://hr.mit.edu/worklife/parenting/coach): Schedule a one-on-one consultation with a Peace at Home Parenting coach to discuss your parenting questions or concerns.
* [MIT Campus and Lincoln Laboratory Childcare Centers](https://childcare.mit.edu/): Infant and toddler spaces are available now. MIT offers [scholarships](https://childcare.mit.edu/tuition-scholarships/mit-childcare-scholarship-program) for eligible employees, including postdoc associates and postdoc fellows, who have a child or children enrolled in one of MIT’s Childcare Centers.
* [Backup Child Care](https://mit.us3.list-manage.com/track/click?u=f541c08915558302b7ec647b6&id=900f5405a9&e=15f2853a17)\*: Screened and trained caregivers are available to care for your children during the day or evening, seven days per week.   
  *\*Available at a subsidized rate of $8.00 per hour.*
* [MIT](https://hr.mit.edu/worklife/seminars/Parenting) Center for WorkLife and WellBeing Parenting Webinars: Attend a live webinar and learn how to best support your early learner, elementary school student, or tween/teen.
* [MIT MyLife Services](https://hr.mit.edu/worklife/mylifeservices): Consult confidentially with a Master’s- or PhD-level counselor – by telephone, video, and message-based platforms (including text) – around how to support your children’s emotional needs during a crisis.
* [Bright Horizons Family Resources for Life at Home](https://www.brighthorizons.com/life-at-home): Tips for parents and caregivers, designed to help you stay healthy; strike the right balance with work, school, and caregiving; and keep your child engaged in learning at home.
* [Bright Horizons World at Home](https://worldathome.brighthorizons.com/): Guided learning opportunities that follow a typical daily classroom schedule. Explore a library of enriching activities to enhance your child’s learning and engagement.

**Caring for Yourself**

* [MIT MyLife Services](https://hr.mit.edu/worklife/mylifeservices): Consult confidentially with a Master’s- and PhD-level counselor – by telephone, video, and message-based platforms (including text) – around how to manage stress and loneliness, and remain engaged in daily life during a crisis.
* [MIT MyLife Services COVID-19 Resource Page](https://my.kgalifeservices.com/categories/kga-covid-19-response?org_code=mymit): Provides work-life and wellbeing information related to COVID-19.
* [MIT Staff Emergency Hardship Fund](https://hr.mit.edu/worklife/hardship-fund): Provides financial assistance for MIT benefits-eligible staff and postdoctoral associates and fellows who are experiencing an immediate and temporary financial hardship due to a sudden or non-recurring emergency (e.g., loss of family income, death of a family member, serious illness or injury, natural disaster).
* [MIT Center for WorkLife and WellBeing Webinars](https://hr.mit.edu/worklife/seminars): Attend a live webinar on a variety of work-life and wellbeing topics, including [personal wellbeing](https://hr.mit.edu/worklife/seminars/personal-wellbeing) and [financial wellbeing](https://hr.mit.edu/worklife/seminars/Financial-Wellbeing).
* [MIT MyLife Services Daily Break](https://my.kgalifeservices.com/daily_break?org_code=MYMIT) (LIVE VIDEO): 15-minute stretch and meditation sessions, held each weekday
* [MIT MyLife Services Managing Anxiety in the Age of Coronavirus](http://my.kgalifeservices.com/categories/kga-covid-19-response/subcategories/helpful-videos?org_code=mymit) (VIDEO)
* [MyStressTools](https://hr.mit.edu/worklife/mystresstools): An online suite of stress-management and resilience-building resources.

**Caring for Adults and Seniors**

* [Backup Adult and Senior Care](https://hr.mit.edu/worklife/backup-adult-care-program)\*: Screened and trained caregivers are available to care for your aging loved ones during the day or evening, seven days per week, across the U.S.   
  *\*Available at a subsidized rate of $8.00 per hour.*
* [Adult and Senior Care Advising](https://hr.mit.edu/worklife/adult-care/support): Consult confidentially with a Master’s-level Social Worker around how to support your aging loved ones during a crisis.
* [MIT Center for WorkLife and WellBeing Adult and Senior Care Webinars](https://hr.mit.edu/worklife/seminars/Caring-for-Aging-Parents): Attend a live webinar on caring for aging loved ones.
* Wellthy Tips (PDFs): [Keeping Your Loved One Safe](https://drive.google.com/file/d/1_ZKSA6pCk3DAllZY-4hXwxPIwTtk7lmL/view) and [Keeping Your Loved One Connected](https://drive.google.com/file/d/1jAafgNoA9nxOi91MAbAn-nvIKWOv-yJj/view).

**Caring for Your Employees**

* [MIT MyLife Services](https://hr.mit.edu/worklife/mylifeservices): Consult confidentially with a Master’s- and PhD-level counselor – by telephone, video, and message-based platforms (including text) – around how to help your employees and teams navigate personal and work responsibilities during a crisis.
* [MIT MyLife Services Tips for Managing Remotely](https://s3.amazonaws.com/KGAFiles/Tips+For+Managing+Remotely.pdf) (PDF): Strategies for keeping teams aligned and productive while working remotely.