

FOR COLUMBIA UNIVERSITY STUDENTS

The Office of Work/Life fosters the well-being of the Columbia community and its people in their pursuit of meaningful and productive academic, personal and work lives. We provide you with tools and resources to navigate your work/life needs and challenges while studying at Columbia University in the City of New York.

Adult/Elder Care

<http://worklife.columbia.edu/adult-and-elder-care>

- Find local and national information and resources to support your adult/elder care needs.

Backup Care

<http://worklife.columbia.edu/backup-care>

- Utilize the **Backup Care Program**, a program that provides care for children, adults and elders, when normal care arrangements are interrupted. (Student eligibility limited to Ph.D. candidates)

Breastfeeding Support

<http://worklife.columbia.edu/breastfeedingsupport>

- Take advantage of the **Breastfeeding Support Program** which includes private **Lactation Rooms** equipped with hospital-grade breast pumps for nursing mothers to express milk. The program also provides educational resources and sells breast pump accessory kits below retail cost.

Early Education, Child Care, and K-12 Schooling

<http://worklife.columbia.edu/child-care-and-schooling>

- Find **information** designed to help parents explore all types of early education, child care, and K-12 schooling options. **Resources** include descriptions of education and care options (including public, charter, faith-based, independent and special needs schools), lists of programs, tips and checklists for hiring a care provider, and more.
- Learn about the Columbia University **Affiliated Child Care Centers**, independent centers conveniently located on or near Columbia campuses and/or University housing.
- Access **Eduprofile**, a free, online school finder to search detailed information about public and private nursery, elementary, middle and high schools in New York City <http://worklife.columbia.edu/online-school-finder>
- Subscribe to the **Pre-K and Kindergarten NYC newsletter** to get relevant and timely information on the admissions and enrollment process of New York City schools.



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(Non-Columbia) Housing and Relocation

<http://worklife.columbia.edu/housing-relocation>

- Review up-to-date **information** on renting or purchasing apartments or homes in the New York Metropolitan Area, including a detailed renting guide. Plus, find **resources** on affordable housing, housing for persons with disabilities, senior housing, environmentally conscious housing, temporary housing, local hotels, and a glossary of real estate terminology.
- Explore job possibilities through the **Higher Education Recruitment Consortium (HERC)**, a valuable resource for academic and non-academic careers in higher education in the greater New York City Metropolitan Area and nationally.
- Find a **list of colleges and universities** within a 2-hour commuting distance of Columbia to help you with your job search.

Wellness

<http://worklife.columbia.edu/wellness>

- Find wellness **discounts** at several fitness centers and bicycling stores near Columbia University campuses and throughout the city.
- Join the CUMC, Manhattanville, and Morningside **Weight Watchers at Work** groups (*provided the minimum requirement for the number of participants is met*). Members may join these groups anytime.
- Participate in the **Take the Stairs Campaign** and choose the stairs instead of the elevator as a quick way to add more physical activity into your day and save electricity.
- Visit the **Wellness webpage** to learn about ongoing wellness activities at the university, including bicycling. Columbia was recently recognized as a **Bicycle Friendly University and Business** by the League of American Bicyclists.

Workshops, Events, and eBulletin Board

- Attend **workshops and programs** offered by the Office of Work/Life each semester on a variety of topics related to: adult/elder care needs, child care and schooling, parenting support, and housing/relocation. Most workshops are free of charge and open to spouses/partners.
- Use the **events calendar** to learn about upcoming workshops and programs.
<http://worklife.columbia.edu/calendar>
- Browse the **eBulletin Board**, a forum for people at Columbia to exchange information on topics such as sharing child care, carpooling, housing opportunities, and buying/selling household items.
<http://worklife.columbia.edu/forum>

Additional Programs, Benefits, and Policies

- Parents who are fully funded Ph.D. or D.M.A. candidates in the Graduate School of Arts and Sciences are eligible to receive a \$2,000 **child care subsidy** for each child who qualifies (under the age of five and not yet attending Kindergarten).
- Doctoral students who become parents may have access to a suspension of responsibilities accommodation period and/or extension of time to degree completion. Check with your School.
- The **Columbia University Family Support Network (CUFSN)** is a student-run organization focused on developing a support network for undergraduate and graduate student parents. More information at www.cufsn.com

Office of Work/Life

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